

Taco Cups

REFRIED BEANS, AIR FRYER PEPPERS & SQUASH

Ingredients

Taco Cups

- 2 TBS olive oil
- 1 pound ground chicken
- 1/2 medium sweet onion, diced
- 2 cloves garlic, minced
- 2 TBS taco seasoning
- 1 cup of your favorite salsa
- 3/4 cup Mexican shredded cheese
- 1 package wonton wrappers (buy in the refrigerated section of your grocery store)

Optional Toppings:

- Shredded lettuce
- Sour cream/greek yogurt
- Salsa
- Jalapenos
- Cilantro

Sides

- 1 bag of sweet mini bell peppers
- 2 medium squash diced
- 2 TBS olive oil
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tsp paprika
- 1 can refried beans
- 1/2 cup shredded mexican cheese

Directions

1. Preheat oven to 350 degrees
2. Heat 2 TBS olive oil over medium heat in a large skillet.
3. Add onion and meat to the skillet. Saute for 3-4 minutes.
4. While meat and onion are starting to cook, put one wonton wrapper in each muffin tin and spray well with olive oil. Bake on the middle wrack of your oven for 7 minutes. (There is enough meat to make 24 taco cups)
5. Now, add garlic to the skillet and cook for an additional minute. Add taco seasoning and salsa. mix together well. Cook for 3-4 more minutes.
6. While meat is finishing, put one bag of sweet bell peppers into the air fryer. Dice 2 medium squash and also add to air fryer. Season with 1/2 tsp salt. 1/2 tsp pepper, and 1 tsp paprika and 2 TBS olive oil. Cook on 400 for 12 minutes.
7. Meat should be cooked now. Place one heaping spoonful of meat mixture in each wonton and top with shredded cheese. Place back in the oven for 3-4 minutes until cheese is melted.
8. Pour one can of refried beans in a glass microwave safe container and top with shredded cheese. Cover with damp paper towel and heat for 3-4 minutes.
9. Enjoy!

MADE WITH LOVE

by Teresa Forehand