

Oven Baked Tacos

INGREDIENTS

- 1 lb ground beef (or ground turkey/chicken)
- 1 tbsp olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 packet mild taco seasoning (or homemade)
- ½-¾ cup mild salsa (thick/chunky preferred)
- Salt & pepper, to taste
- 10 small taco shells (flour or corn, slightly warmed)
- 2 cups shredded cheddar or Mexican blend cheese

Fresh Toppings

- 1 cup shredded lettuce
- ½ cup diced tomatoes
- ½ cup diced red onion
- ¼ cup chopped fresh cilantro
- Optional: Sour cream, guacamole, mild hot sauce

DIRECTIONS

1. Preheat oven to 375°F and lightly grease a baking dish.
2. Sauté onion in olive oil until soft, then add garlic for 30 seconds.
3. Add ground meat and cook until browned.
4. Stir in taco seasoning, ½-¾ cup salsa, salt, and pepper; simmer 5 minutes (add a little extra salsa if using lean meat).
5. Fill warmed taco shells with the meat mixture and top with cheese; stand them upright in the baking dish.
6. Bake 10-12 minutes until cheese melts and shells crisp.
7. Remove from oven.
8. Add lettuce, tomatoes, onion, cilantro, and any extras like sour cream, guacamole, or hot sauce.