

# Cheese Shell Tacos

6 Servings | 1 Lean Protein | 3 Condiments | No Additional Healthy Fats Needed

## Ingredients

3 cups of freshly shredded low fat cheddar cheese

For the beef taco filling:

- \* 1 ¼ pound ground beef (can substitute chicken as seen in picture)
- \* ½ cup onion, diced
- \* 3 garlic cloves, chopped
- \* 1 jalapeño, seeded and diced
- \* 3 teaspoons taco seasoning
- \* 1/3 cup of water (if needed)

## Instructions

Preheat your oven to 350°F/ 175°C.

Place your cheese in neat piles on a non-greased baking sheet and bake for about eight minutes, until all the individual shreds melt into one disc. Be careful not to let the cheese color too much. Once they are all melted, let them cool for two minutes on your baking sheet, then lift them onto paper towels to blot off any excess grease. To form the shells, lay them over a propped-up utensil. (Or you can use anything in your kitchen – a wide bowl or saucepan could work too!) Set these aside to cool. Next, it's time to make your taco filling! We used a quick beef taco filling by browning off some ground beef on a high heat. Then throw in your onion, garlic, and jalapeños right in with the cooked beef. Sprinkle over your taco seasoning packet and add water if you need it for a nice saucy filling.

\*(still need to add 3 servings of veggies to make this a complete lean and green meal)