



## Upside-Down Taco Bowl



Developed by Hungry Girl. Brought to you by [Ortega!](#)  
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Entire recipe: 350 calories, 10.5g total fat (3.5g sat. fat),  
870mg sodium, 27.5g carbs, 5.5g fiber, 3g sugars,  
33.5g protein

**Prep:** 5 minutes    **Cook:** 10 minutes



More: [Lunch & Dinner Recipes](#), [Recipes Developed for Our Partners](#), [Single Serving, 30 Minutes or Less](#)

### Ingredients

- 3 cups shredded lettuce
- 4 oz. raw extra-lean ground beef (or your lean protein of choice)
- 1 1/2 tsp. [Ortega 40% Less Sodium Taco Seasoning](#)
- 1/4 cup [Ortega Fat Free Refried Beans](#)
- 2 tbsp. shredded reduced-fat Mexican-blend cheese
- 1 tbsp. [Ortega Taco Sauce](#) (Mild, Medium, or Hot)
- 1 [Ortega Taco Shell](#) (Yellow or White Corn)

### Directions

Place lettuce in a large bowl.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add beef and taco seasoning. Cook and crumble until fully cooked, about 5 minutes.

Stir refried beans into beef. Spoon mixture over the lettuce.

Top with cheese and taco sauce.

Lightly crush the taco shell and sprinkle the pieces over the bowl.

#### MAKES 1 SERVING

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