

**Directions** (continued)

1. Preheat oven to 400°F. In a skillet cook ground turkey with 1 teaspoon taco seasoning until meat has browned. Drain meat.

2. In a medium size bowl mix together meat, salsa, beans, and remaining taco seasoning. Once thoroughly mixed set aside.

3. Grease a 12 count muffin pan (I used nonstick olive oil flavored spray). Lay tortillas out and take a 4" round cookie cutter and begin cutting out your circles. They do not have to be perfect so if they lose a little bit of the edges its no biggie). Once you have 12 you will center them over each muffin cup and press them gently in with your fingers (if you fear any it should be fine as long as its a small tear and they fit nicely in the tin).

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**Prep Time** 15 min  
**Yield:** 4 - 6  
**Cook Time:** 12 - 15 mins  
**Cook Temp:** 400°F



**Ingredients**

- 1/2 lb Ground turkey, drained
- 6 Fajita Style Tortillas (12 - 4")
- 4 Tsp Taco Seasoning
- 1/2 cup Salsa
- 1/2 cup Refried Beans
- 3/4 cup Mexican Cheese Blend (shredded)
- 3/4 cup Sour Cream & Shredded Lettuce (Optional)
- 1/3 Cup Green Onions (Optional)

## Taco Cups

### Taco Cups...continued

**Ingredients**

**Taco Seasoning Mix:**

- 1 tsp black pepper
- 1 Tbsp chili powder
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp crushed red pepper flakes
- 1/4 tsp dried oregano
- 1/2 tsp paprika
- 1.5 tsp ground cumin
- 1/2 to 1 tsp sea salt (more or less to taste)

**Directions:** Mix all ingredients together and store in an air tight container.

**Directions** (continued)

4. Take 2 tablespoons of meat mixture and distribute between each tortilla lined cup. If you end up a little shy just redistribute some of the mixture from cups that seem to be fuller. Top with about a tablespoon of shredded cheese (make sure the cheese stays in the cup, don't let it overhang).

5. Bake for approximately 12-15 minutes. The longer you bake the crispier the shell (I tend to bake for about 15 minutes since I like a really crunchy shell). Remove cups with a fork or something that can catch an edge without breaking it.

6. Allow cups to cool for a minute or two before you add additional topping. Serve by themselves or with Spanish rice.