

# Mexican Sopes

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-mexican-sopes-recipe>

## Ingredients:

- 2 cups masa harina corn
- 1 1/2 cups warm water
- 2 pounds ground beef
- 2 packets taco seasoning
- 15 ounces refried beans
- 1 cup lettuce
- 6 cherry tomatoes halved
- 2 avocados diced
- 1/2 cup queso fresco crumbled
- 1/4 cup vegetable oil for frying
- salsa for topping

## Nutrition:

1. Calories: 1120 calories
2. Carbohydrate: 71 grams
3. Cholesterol: 165 milligrams
4. Fat: 70 grams
5. Fiber: 19 grams
6. Protein: 58 grams
7. SaturatedFat: 19 grams
8. Sodium: 750 milligrams
9. Sugar: 3 grams
10. TransFat: 2.5 grams

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