

# Soft Taco Burgers

Yield: 8 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/best-mexican-soft-taco-recipe>

## Ingredients:

- 1 cup fat-free refried beans
- 4 ounces chopped green chilies drained, divided
- 1/4 cup chopped onion
- 1/4 teaspoon salt
- 1 1/2 pounds lean ground beef 90% lean
- 1 cup reduced fat cheddar cheese shredded
- 8 flour tortillas 6 inches, warmed
- 1 cup lettuce chopped
- 1 tomatoes medium, chopped
- 1/2 cup salsa

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 55 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams
6. Protein: 27 grams
7. SaturatedFat: 3 grams
8. Sodium: 730 milligrams
9. Sugar: 3 grams

---

Thank you for visiting our website. Hope you enjoy Soft Taco Burgers above. You can see more 19 best mexican soft taco recipe Dive into deliciousness! to get more great cooking ideas.