

Beef Taco Skillet

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 1 pound ground beef
- 1 red onion chopped
- 4 ounces green chilis
- 15 ounces black beans drained
- 1 tablespoon taco seasoning
- 8 ounces taco sauce bottle
- 10 inches corn tortillas cut into 1-inch pieces
- 1 tablespoon sour cream
- 2 cups grated cheddar cheese divided
- 1/3 cup pico de gallo
- 2 tablespoons cilantro chopped

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 140 milligrams
4. Fat: 36 grams
5. Fiber: 9 grams
6. Protein: 43 grams
7. SaturatedFat: 19 grams
8. Sodium: 1460 milligrams
9. Sugar: 8 grams
10. TransFat: 1 grams

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