



Taco Plate for Two

1/2 pound ground beef
1/2 cup chopped onion
1/3 cup taco sauce
1/4 cup chopped green chilies
1/4 tsp salt
1 cup broken tortilla chips
1/2 cup shredded cheddar cheese
shredded lettuce, tomato (chopped), sour cream

DIRECTIONS

In a skillet, cook beef and onion over medium heat until meat is no longer pink. Drain. Stir in taco sauce, chilies and salt. Cover and cook over medium-low heat for six to eight minutes or until heated through. Spoon over chips and sprinkle with cheese. Top with lettuce, tomato, and sour cream.

Yield: 2 servings

Nutrition Facts Per Serving

Servings: 2

Calories:	810.9	Sodium:	1,138.7 mg
Total Fat:	59.1 g	Potassium:	663.1 mg
Saturated:	25.3 g	Total Carbs:	39.7 g
Polyunsaturated:	3.5 g	Dietary Fiber:	4.9 g
Monosaturated:	24.8 g	Sugars:	2.8 g
Cholesterol:	142.8 mg	Protein:	31.9 g

From the kitchen of: SHELIA KING, IPF Corp.