



# Casa Mendosa™ Taco Tortilla Cups



Serves 6 / 25 mins



## INGREDIENTS

Casa Mendosa™ Original 10 inch  
Tortillas

1/4 lb of extra lean ground beef

1 can of black beans

2 tbsp. taco seasoning

3 tbsp. diced red onion

1/4 cup diced fresh tomatoes

1/2 cup whole-kernel corn

3 tsp. cilantro

1/4 cup of sour cream

1 tbsp. of sliced green onions

Non-stick cooking spray

Large muffin tin

Metal circle cookie cutter



## DIRECTIONS



Prep time **5 min** | Cook **20 min** | Ready in **25 min**

- 1** In a large pan, brown the ground beef along with the taco seasoning. Add the black beans and allow to simmer together for 7-10 minutes.
- 2** Heat oven to 350°F and spray the underside of a large muffin tin with nonstick cooking spray.
- 3** Cut out circular shapes from the Casa Mendosa™ tortillas using a metal cookie cutter. Using Casa Mendosa™ 10 inch Tortillas you can cut out 2-3 circular shapes per tortilla.
- 4** Place the cut out circular shapes in the underside of the muffin tin as a mold. Be careful not to let the tortillas fold too closely into the middle.
- 5** Bake for 5-10 minutes, or until the tortilla cups have hardened slightly on all sides. Remove and set aside.
- 6** Spoon cooked ground beef mixture into each tortilla cup, then garnish with tomatoes, cilantro, corn, red onions, sour cream, sprinkle with green onions and enjoy!