



Cheeseburger Smashed Tacos



1/2 of recipe (2 tacos): 336 calories, 11g total fat (5g sat. fat), 762mg sodium, 26g carbs, 2g fiber, 5g sugars, 30.5g protein

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Prep: 10 minutes **Cook:** 15 minutes

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Ingredients

8 oz. raw extra-lean ground beef (at least 95% lean)
1/4 cup shredded reduced-fat cheddar cheese, or more for topping
2 tbsp. finely chopped onion
1/4 tsp. garlic powder
1/4 tsp. onion powder
4 [street-taco-sized corn or flour tortillas](#)
1/2 cup shredded lettuce
1/4 cup chopped tomatoes
1/4 cup chopped dill pickles, or more for topping
1 tbsp. ketchup
2 tsp. yellow mustard
Optional topping: sesame seeds

Directions

In a medium bowl, combine beef, cheese, onion, and seasonings. Mix thoroughly. Press one fourth of the meat mixture onto each tortilla.

Bring a large skillet sprayed with nonstick spray to medium heat. Place two of the tortillas in the skillet, side by side and meat-sides down. Using a spatula, smash the tortillas flat into the pan. Cook until meat is fully cooked, about 4 minutes.

Flip tortillas. Cook until lightly toasted, about 2 minutes. Transfer to a plate.

Clean skillet, if needed. Respray, and return to medium heat. Repeat with remaining two meat-topped tortillas.

Top evenly with remaining ingredients. Fold to form tacos.

MAKES 2 SERVINGS

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