



Fully Loaded Lettuce Tacos



1/2 of recipe (3 tacos): 283 calories, 9.5g total fat (4.5g sat fat), 584mg sodium, 16g carbs, 4g fiber, 6g sugars, 31g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 6*

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



Tagged: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#)

Ingredients

8 oz. raw extra-lean ground beef (at least 96% lean)
1/4 cup chopped onion
2 tsp. taco seasoning
Dash each salt and black pepper
1/3 cup fat-free refried beans
6 large iceberg or butter lettuce leaves
1/3 cup chopped tomato
3 tbsp. shredded reduced-fat Mexican-blend cheese
1/4 cup light sour cream
Optional toppings: chopped fresh cilantro

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add beef, onion, taco seasoning, salt, and pepper. Cook, stir, and crumble until beef is fully cooked and onion has softened, about 5 minutes.

Remove skillet from heat. Add refried beans, and mix well.

Fill lettuce leaves with beef mixture, tomato, cheese, and sour cream.

MAKES 2 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.