



Sloppy Joe Smashed Tacos



1/2 of recipe (2 tacos): 248 calories, 7.5g total fat (3g sat. fat), 726mg sodium, 23g carbs, 15g fiber, 4g sugars, 30g protein

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Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

- 8 oz. raw extra-lean ground beef (at least 95% lean)
- 1/3 cup canned sloppy joe sauce, or more for topping
- 2 tbsp. finely chopped onion
- 4 street-taco-sized corn tortillas
- Optional toppings: pickled onion, pickle chips, lettuce, tomato

Directions

In a medium bowl, combine beef, sauce, and onion. 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 tortillas in the skillet, side by side and meat-sides down. Using a spatula, smash tortillas flat. 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.

Serve topped with optional toppings. Fold to form tacos.

MAKES 2 SERVINGS

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