



Upside-Down Taco Bowl



Developed by Hungry Girl. Brought to you by [Ortega!](#)
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Entire recipe: 350 calories, 10.5g total fat (3.5g sat fat), 870mg sodium, 27.5g carbs, 5.5g fiber, 3g sugars, 33.5g protein

Green Plan [SmartPoints](#)® value 7*

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

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

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



Tagged: [Lunch & Dinner Recipes](#), [Recipes Developed for Our Partners](#), [Single Serving, 30 Minutes or Less](#)

Ingredients

- 3 cups shredded lettuce
- 4 oz. raw extra-lean ground beef (or your lean protein of choice)
- 1 1/2 tsp. [Ortega 40% Less Sodium Taco Seasoning](#)
- 1/4 cup [Ortega Fat Free Refried Beans](#)
- 2 tbsp. shredded reduced-fat Mexican-blend cheese
- 1 tbsp. [Ortega Taco Sauce](#) (Mild, Medium, or Hot)
- 1 [Ortega Taco Shell](#) (Yellow or White Corn)

Directions

Place lettuce in a large bowl.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add beef and taco seasoning. Cook and crumble until fully cooked, about 5 minutes.

Stir refried beans into beef. Spoon mixture over the lettuce.

Top with cheese and taco sauce.

Lightly crush the taco shell and sprinkle the pieces over the bowl.

MAKES 1 SERVING

[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.