

CRISPY BAKED TACOS

Gluten Free • Dairy Free • Delicious



- Prep Time: 5 minutes
- Cook Time: 35 minutes
- Ready in: 40 minutes



Ingredients

- 1-15 pack crispy taco shells
- 1 pound ground beef or turkey (I use 85/15, but you can use a leaner version if you prefer)
- 1-16 ounce can refried beans
- 1-4.5 ounce can diced tomatoes
- 1/4 cup taco seasoning (homemade or store bought)
- 2 teaspoons red wine vinegar
- salt, to taste (it won't need much--just a pinch or two)
- 1 cup vegan shredded cheeze

Notes

1. Old El Paso Stand N Stuff shells work great for this recipe!
2. Check the label for hidden gluten, milk, or other allergens on store bought taco seasoning. We use [this recipe](#) for homemade to keep things simple.
3. Our favorite vegan cheeze for this dish is a combination of two Follow Your Heart varieties: 1/2 cup Cheddar Style Shreds + 1/2 cup Parmesan Style Shreds

Method

- 01** First, preheat the oven to 400 degrees. Spray a 13 x 9 glass baking dish with cooking spray and line up the taco shells all in a row. (Prep a second, smaller pan in case you need more space.)
- 02** Move on to the filling: brown the meat over medium high heat. Once browned, sprinkle the taco seasoning on top and toss to coat. Then add the vinegar and a couple pinches of salt and stir well to combine (these two together will wake up the flavors, so don't skip it!). Next, add the tomatoes and beans. Stir to combine well, cook for 2-3 minutes, then remove from heat. Let the filling sit for about 5 minutes to firm up just a bit (if you try to fill the tacos too soon, the filling will still be runny).
- 03** Spoon the filling into the taco shells--about 1/3 cup each, then top with the cheeze. Pop the pan into the oven and bake for 20-25 minutes, or until the shells are golden and the cheeze is melted and golden.
- 04** Serve immediately--or as soon as you can. The filling will be hot, but the shells will get soggy as they sit.

