



## **Beef Soft Taco**

**4 oz. 93/7 ground beef**

**mushrooms**

**onions**

**1 roma tomato, diced**

**7-8 black olives, diced**

**shredded lettuce**

**1/6 cup part skim mozzarella cheese**

Brown ground beef and season with taco seasoning.

Add in mushrooms and onions and cook till tender.

Spoon onto whole grain and flax seed tortilla.

Top with lettuce, tomato, lettuce. olives and cheese.

31g protein/31g carbs/10 g fat