

## Tacos

1 lb ground beef, ground turkey, or shredded chicken  
1 pkg taco seasoning  
1 can refried beans  
taco shells or tortillas  
lettuce, shredded  
tomatoes, diced  
onions, diced  
sliced black olives  
sliced jalapenos  
shredded cheddar cheese  
salsa  
sour cream or plain greek yogurt

Prepare taco meat according to seasoning directions. Warm refried beans in small saucepan or in microwave safe bowl. Fill taco shells and/or tortillas with desired amounts of meat, beans, and toppings.