Beef and Avocado Whole Wheat Taco Boats

Serves 4

Ingredients

1 lb (500 g) lean ground beef
1 package of taco seasoning mix
¼ cup (50 mL) water
1 can (127 mL) chopped green chilies
8 Old El Paso™ whole grain Tortilla Bowls
1 avocado, diced
¼ cup (50 mL) crumbled queso fresco cheese
Lime wedges

Preparation

1. In 10-inch nonstick skillet, cook beef over medium heat 8 to 9 minutes, stirring occasionally, until brown; drain. Stir in taco seasoning mix, water and green chilies.
2. Cook 30 to 60 seconds longer or until liquid is absorbed.
3. Heat Tortilla Bowls as directed on package. Serve with beef mixture, avocado, cheese, lime wedges and toppings.

Topping Ideas

Shredded lettuce, sliced radishes, diced tomato, sour cream, fresh cilantro leaves