

Cheese Shell Tacos

Makes 6 servings

3 cups shredded Cheddar cheese

1¼ pounds ground beef or chicken

½ cup chopped onion

1 jalapeño pepper, seeded and diced

1 tablespoon taco seasoning

2 to 3 tablespoons water

3 cloves garlic, chopped

Optional toppings: avocado, sour cream, tomatoes and/or lettuce

1. Preheat oven to 350°F. Place cheese evenly into 2-inch piles on large baking sheet. Bake 8 minutes or until individual shreds melt into one disc. (Be careful not to let the cheese brown too much.) Let cook 2 minutes on baking sheet. Remove to paper towels, blot off excess grease.
2. To form shells, lay shells over propped up utensil or bowl. Let cool completely.
3. Brown beef 6 to 8 minutes over medium-high heat. Add onion, jalapeño, taco seasoning and water; cook 5 minutes or until heated through.
4. Fill cheese shells evenly with beef mixture; top as desired.

Courtesy: Joella Morris