



Wellnessleuth Recipes

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delicious food

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Crispy Baked, Wonton Taco Bowls

INGREDIENTS:

To make Crispy Baked, Wonton Taco Bowls, you will need:

- 1 package of wonton wrappers*
- 1 pound of lean ground beef*
- 1 green bell pepper, chopped*
- 1 8oz can of tomato sauce*
- 1 tablespoon of chili powder*
- 1 teaspoon of cumin*
- 1 teaspoon of garlic powder*
- ½ teaspoon of salt*
- ¼ teaspoon of black pepper*
- ½ cup of salsa*
- 1 cup of shredded lettuce*
- ½ cup of diced tomatoes*
- ¼ cup of finely chopped onions*
- ½ cup of shredded cheddar cheese*
- ¼ cup of sour cream.*

DIRECTIONS

- *Directions:*

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Making the ground beef filling:

Cooking ground beef is one of the simplest things you can do in the kitchen. All you need is a pan, some oil, and your favorite seasonings.

- *First, heat the pan over medium heat.*
- *Then, add a little oil to the pan and allow it to heat up. Next, add the ground beef to the pan.*
- *• brown the beef, cooking the ground*
- *beef until it is no longer pink.*
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- *Then, add the onions, pepper, and garlic and cook until they're softened.*
- *• Next, add the chili powder, cumin,*
- *garlic powder, salt, and pepper.*
- *Stir until everything is evenly mixed and cook for another minute or two.*
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- *Finally, add the tomato sauce and bring to a simmer.*
- *• Cook for another minute or two, or*
- *until the beef is cooked through.*
- *Once the beef is cooked through, remove it from the pan.*

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DIRECTIONS: CONTINUED

Making the Crispy Baked Bowls:

- **To make them, simply preheat your oven to 350 degrees Fahrenheit.**
- **Then, take a 12-pack of wonton wrappers and press them into the cavities of a muffin tin, making sure to press them up the sides as well.**
- **Next, fill each wrapper with your favorite taco filling, or...**
- **We like to use ground beef that has been seasoned with chili powder, cumin, and garlic salt. However, you can use any type of meat or vegetarian filling you like. -**
- **Once filled, bake the taco bowls for 15 minutes or until the wonton wrappers are golden brown and Crispy Baked.**
- **Serve with shredded lettuce, sour cream, diced tomatoes, and your favorite toppings.**



GRILLED
POLENTA
CROSTINI

These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. [Click here](#)



EGG ROLL BOWLS

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! [Click here](#)



MIXED BERRY
SALAD WITH
RASPBERRY
VINAIGRETTE

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. [Click here](#)