

Taco Salad

INGREDIENTS:

Meat and Seasoning

- 1 ½ lb ground beef
- 1 8 oz can tomato sauce
- 1 ½ T chili powder
- 2 tsp cumin
- 1 tsp paprika
- 1 tsp oregano
- ½ tsp salt
- 1 tsp pepper
- ½ tsp garlic powder
- ½ tsp onion powder

Salad

- 8 cups lettuce of choice
- ½ cup red onion, chopped
- 1 cup cherry/grape tomatoes, sliced
- ½ cucumber, sliced
- 1 avocado, pitted, chopped
- 1 jalapeno pepper, diced
- Cilantro

PROCESS:

Heat a skillet over medium heat. Add the ground beef and brown until meat is cooked through.

Add the tomato sauce along with the taco seasoning to the beef.

Clean and prepare salad ingredients.

Add 2 cups of lettuce to each bowl and spoon the taco meat over each salad as desired. Divide the chopped veggies evenly among the 4 salads.

Drizzle with salad dressing of choice and top with fresh cilantro.

ENJOY!

