

Taco Salad

Ingredients:

- 1 pound ground beef
- 1 envelope Taco seasoning Mix (1 ¼ ounce)
- ¾ cup water
- ½ onion, chopped
- ½ head lettuce, washed and torn into bite size pieces
- 2 Roma tomatoes, diced
- 4 ounces shredded cheddar cheese
- 1 bag tortilla chips
- 8 ounces Salsa (optional)
- 8 ounces sour cream (optional)

Directions:

Day 1

1. Brown ground beef in a skillet over medium heat; drain off fat in a sieve into a small mixing bowl. Discard fat when cool in trash.
2. Return beef to skillet; add Taco seasoning, onion and water to the ground beef. Cook and stir over medium heat for 10 minutes. Place in labeled container. Refrigerate.
3. Wash and tear lettuce; wash and dice tomatoes. Place in labeled containers. Refrigerate.

Day 2

1. Arrange tortilla chips on a plate; top with ground beef mixture.
2. Top with lettuce and tomatoes
3. Sprinkle with cheese
4. Top with salsa and sour cream, if desired.

Serves: 6

