

Easy Taco Salad

Want tacos but want to put a healthier spin on it? Try this out. Makes a perfect lunch or lighter supper.

Preparation Time: 15 mins

Cooking Time: 15 min.

Servings: 8

Amount	Ingredient	Cost – date:
1 pound	Lean Ground Beef	
1 package	Taco Seasoning or Homemade Taco Seasoning recipe here... (2 Tbsp chili powder, 1 tsp garlic powder, 1 tsp onion powder, ½ tsp paprika, 2 tsp cumin powder, 2 tsp salt – mix well & use as much or little as you like)	
1 cup	Black Beans, drained and rinsed	
6 cups	Romaine or iceberg lettuce, chopped	
1 cup	Tomatoes, chopped	
1 cup	Cheddar Cheese, shredded	
1	Avocado, diced	
As desired	Tortilla Chips - ? 1 cup each OR Taco shells (hard or soft)	
1/2 cup	Salsa	
1/2 cup	Sour Cream (Catalina or Thousand Island are also great)	
Toppings:	Corn, Olives, Bell Peppers, Jalapenos, red or green onions	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. In a frying pan, brown the beef over medium heat until full cooked (no pink remains). Drain any fat.
2. Add taco seasonings and 1/2 cup water. Simmer for 5 minutes or until thickened. Stir in the beans.
3. Place the lettuce in a large bowl. Top with meat, tomatoes, cheese, avocado and any desired toppings.
4. Top each serving with tortilla chips, salsa and sour cream

SOURCE: <https://www.spendwithpennies.com>

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!