

# Taco Salad



250 grams ground beef (one package)  
15 – 30 ml taco seasonings (or 10 – 15 ml of chili powder, 2-3 ml Cumin)  
15 ml water  
¼ head iceberg lettuce  
Italian salad dressing

Separate lettuce leaves, place in sink of cold water, pat dry with a tea towel, place in colander with dinner plate under colander. Chill the lettuce. Just before serving tear lettuce into bite size pieces.

½ can drained, kidney beans  
1 or 2 green onions, diced  
1 tomato diced  
¼ red pepper diced  
125 ml, chopped canned mini corn cobs  
cheddar or mozzarella cheese – grated  
Tortilla chips

1. Using a frying pan (skillet), place ground beef in pan, turn dial to 4 or 5, fry meat until brown, sprinkle meat with taco seasonings and water, stir, turn off element, transfer meat to bottom of large glass serving bowl.
2. Layer the ingredients on top of the meat – kidney beans, onions and tomatoes.
3. Just prior to serving add torn lettuce, corn chips and cheese.
4. Place salad on the table and pour desired amount of Italian dressing on the salad.  
Toss the salad. ENJOY!

