



TACO SALAD

Recipe serves 4.

INGREDIENTS

For the ground beef and beans topping:

1 lb (450g) ground beef, ideally grass-fed

1 x 14 fl. oz can (398ml) pinto beans, drained and rinsed well

1 x 14 fl. oz can (398 ml) black beans, drained and rinsed well

1 x 227g package taco sauce OR 2 tbsp taco seasoning plus 1 C water (note 1)

½ white onion, small diced

2 garlic cloves, minced

Kosher salt to taste (start with 1 tsp, taste and add as needed)

Oil for cooking (I use avocado oil)

For the Taco Salad:

2 small heads (~200g) romaine lettuce, washed and chopped crosswise into bite-sized pieces

1 large tomato, cut into thin wedges or small diced

¼ C corn kernels, fresh or canned or frozen

1 C shredded Cheddar cheese, more if you like

To serve:

Tortilla chips

1 scallion, chopped

Ranch dressing or dressing of choice or sour cream

Hot sauce such as habanero or jalapeno



METHOD

Preheat skillet over medium to medium-high heat. Drizzle ~2 tbsp oil. Add chopped onions to sauté 2 minutes. Add minced garlic. Sauté 30 seconds longer. Add ground beef, using a spatula to break it apart. Cook until browned. Add drained beans and taco sauce (or taco seasoning plus 1 C water). Stir to mix and bring to a simmer. Simmer for a couple of minutes. Taste and season with salt if needed. Remove from heat and let cool a little.

For each portion, place handfuls of chopped romaine, one handful of tortilla chips, a couple scoops of beef and bean topping, tomato wedges, corn kernels, grated cheese, drizzles of dressing (or dollops of sour cream) and a sprinkle of scallions. Serve with your favourite hot sauce. Enjoy!

RECIPE NOTES:

1. I use "Mild Taco Simmer Sauce for Chicken" by Simply Organics (not sponsored), available in many countries; search it up on their website store locator. Alternatively, you can use a taco spice blend along with 1 cup of water or broth.