

Make it just how you like it...

TACO SALAD

Servings: 6

Preparation time: 20-30
minutes

Cook time: 25 minutes



Ingredients

Garden:

1 cup onion
2 lettuce heads

Cupboard:

1 lb. ground turkey/beef
1 cup corn
1 cup black, pinto, and/or
kidney beans
1 (1 oz.) packet taco
seasoning
 $\frac{1}{4}$ cup water
2 cups shredded Cheddar
or Pepper Jack cheese
Tortilla chips
Salsa

Directions

1. Dice the onion and tomato
2. Drain the canned corn and beans
3. In a skillet heat the diced onion until it is translucent, add in the turkey/beef and cook it until it is crumbled and browned.
4. Stir in the taco seasoning and water. Heat for about 2 minutes.
5. Build your salads with the remaining ingredients.

Additional add-ins: Cilantro, sour cream, olives, green onions, chopped tomatoes, avocado and ranch dressing