

Taco Salad

Make one recipe per kitchen

500 shredded lettuce

Meat mixture

- 200 g ground beef
- 15 ml taco seasoning
- 50 ml water

Salad Ingredients

- ¼ cucumber, diced
- 1 stalk celery, diced
- 1 carrot, grated
- ¼ pepper, diced
- 75 ml grated cheese (cheddar and Monterey Jack)

Dressing

- 50 ml oil
- 1 ml salt
- 1 ml chili powder
- 1 ml oregano
- 1 ml garlic powder
- 25 ml red wine vinegar

Toppings:

- 10 crushed tortilla chips
- salsa
- sour cream



Equipment list

Cutting mat
Paring knife
Frying pan
Tongs
Grater
Measuring cups and spoons
Fork
Large and medium bowl

Wash lettuce. Shred or tear into bit size pieces into a large bowl. *** THIS HAS BEEN DONE FOR YOU

Meat Mixture- measure taco seasoning and water while cooking the beef

- Cook ground beef in a frying pan on medium/high heat (#5- front element-small ring or numbers) until no longer pink. Use tongs to stir and break up the meat.
- Add taco seasoning and water to beef and mix well. Simmer (cook on low heat) for 5 minutes until the sauce is thick. Remove from heat to cool. Turn off the element.

Salad Ingredients Preparation

- Peel carrot with a vegetable peeler and grate on a cutting mat. On a cutting mat, cut cucumber into cubes, slice celery and chop peppers. Grate cheese. Add all these ingredients and crushed taco chips to the lettuce.

Dressing: measure ingredients on the middle table- take a liquid measuring cup, measuring spoons and recipe

- Measure oil, vinegar, chili powder, oregano, and salt and garlic powder into a liquid measuring cup. Beat with a fork.

Assembling the Salad

- Add meat mixture to the lettuce. Beat dressing with a fork and pour over salad. Toss lightly with two wooden spoons or salad tongs. Serve into containers.
- Top with crushed taco chips. Serve with salsa and sour cream.