

Michelle's Taco Salad

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Recipe from: Michelle Day

Here's what you need:

- 1 Lb. lean ground beef
- 1 package taco seasoning, reserving 1 Tbs. for dressing, I use Taco Bell Taco seasoning pack
- 1/3 cup water
- 1 - 15 oz. can black beans, drained and rinsed, pinto would also be fine
- 2 cups shredded cheddar cheese
- 2 - hearts of romaine, washed dried and chopped into bite sized pieces
- 2 green onions, sliced
- 1 - 2.25 oz. can of sliced olives
- 1 avocado, diced
- Tomatoes are totally optional - I don't like them so I don't eat them. I do however eat plenty of fresh salsa
- tortilla chips

Dressing

- 1 cup light sour cream
- 1 Tbs. taco seasoning - reserved from package
- 1/2 cup salsa, any type

A few hours before you want to eat prepare the taco meat. In a skillet brown the ground beef until done. Add the drained and rinsed beans, the taco seasoning (don't forget to remove 1 Tbs. for the dressing) and the water. Stir until completely incorporated. Cook about 5 minutes. Remove from heat and bring to room temperature then refrigerate for at least 2 hours to get cold.

Make the dressing early enough to refrigerate for the same two hours. In a liquid measuring cup (no sense cleaning two things) place 1 cup sour cream and the 1 Tbs. taco seasoning and stir to mix well. Add the salsa and mix well. Refrigerate until serving; gives it time for the flavors to really develop.

To assemble:

Wash, dry and chop romaine into bite sized pieces. Place in a large bowl and top with green onions. Top with the meat mixture and cheese. Add the olives and avocados, then 1/2 the dressing. I just sort of dot it around the salad in big dollops.

Mix the salad to incorporate the dressing and serve. I always crush up a handful of tortilla chips and place right on top of my salad before eating, that way they stay nice and crunchy. I serve the rest of the dressing on the side because I don't like to overdress salads.

Serves 4 – 6 Enjoy!