



Beefy Taco Salad

SERVING: 2 cup Vegetables & 1/2 cup Beef Mixture
YIELD: 6

PREP TIME: 10 MIN
TOTAL TIME: 30 MIN

Ingredients

- 1 lb Ground Beef, Lean
- 1 can pinto beans, 15.5 oz, drained & rinsed
- 1 can diced tomatoes 10 oz, drained & rinsed
- 2 Tbsp Homemade Taco Seasoning (see back recipe)
- 1/4 cup beef broth, unsalted
- 1/2 onion, chopped
- 1 pkg frozen corn, thawed/cooked or can corn 15.25 oz no salt added
- 1/4 cup queso fresco, crumbled
- 1 pkg romaine lettuce, 9 oz bag
- 1/2 cup crushed whole grain tortilla chips

Dressing

- 2/3 cup plain greek yogurt
- 4 lime, juiced
- 1 tbsp minced garlic
- 1/4 cup cilantro, chopped

Directions

1. Heat a large skillet over medium-high. Add beef and cook 8-10 minutes or until cooked through, crumbling meat throughout. Add beans, tomatoes and seasonings. Cook about 5 minutes.
2. In a large bowl, add lettuce, corn, onions, chips & queso fresco. Toss to combine.
3. In a small bowl, stir together yogurt, lime juice & cilantro to make the dressing.
4. Just before serving, top each 6 salads with even amount slightly-cooled beef. Pour dressing over salad & toss to coat.
5. Enjoy!

Nutrition Facts	
6 servings per container	
Serving size	1 Salad (0.0g)
Amount Per Serving	
Calories	380
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 260mg	11%
Total Carbohydrate 48g	17%
Dietary Fiber 9g	32%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 0.2mcg	0%
Calcium 110mg	8%
Iron 3.9mg	20%
Potassium 780mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

*Recipe adapted from
onieproject.org

Cost Per Recipe	Cost Per Serving
\$13.01	\$2.17