



Taco Salad

Ingredients:

1 bag of romaine lettuce washed

1 can of low sodium or no salt added kidney beans drained and rinsed

1 medium chopped tomato, 1 medium chopped avocado, ¼ cup chopped onion

1 lb lean ground beef (grass fed if available)

¼ cup olive oil , 2 -3 Tbsp lime juice

1 jalapeno chopped

Seasonings: 2 Tsp Chilli powder, 1 ½ Tsp cumin, ½ Tsp paprika, ¼ Tsp salt
¼ Tsp red pepper

¼ Tsp garlic powder, ¼ Tsp onion powder, ¼ Tsp oregano, ¼ Tsp pepper



Yield: 4 servings
Serving size: ¼ of
recipe



Instructions:

1. Place beef in skillet and brown until internal temp is 155 degrees.
2. While meat is browning, mix together all the seasonings in a bowl.
3. Once meat is cooked, add ¼ cup water and seasonings and mix together well until all the seasoning is spread evenly over beef
4. Toss the lettuce, beans, tomato, avocado, onion and jalapeno in a bowl
5. Mix in the beef. Drizzle the olive oil and lime juice on top and mix well
6. May top with your favorite toppings like cheese or sour cream or tortilla chips

Nutrition Per Serving:

Calories: 589 Fat: 25 g Carbohydrate: 45 Sodium: 120 mg Protein: 23g
