

Taco Salad

Ingredients

Makes 6 servings

1/2 lb. hamburger



1 cup cooked kidney or chili beans



1/2 package taco seasoning or season to taste



1/2 cup water



1 bunch dark, green lettuce



2 medium tomatoes



1 small bunch scallions



1 package (16-oz.) tortilla chips, preferable: low fat, unsalted

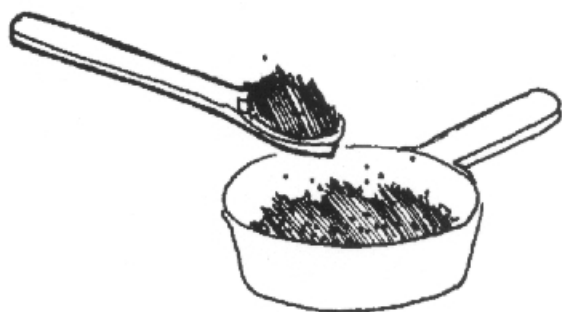


1/2 cup grated cheese

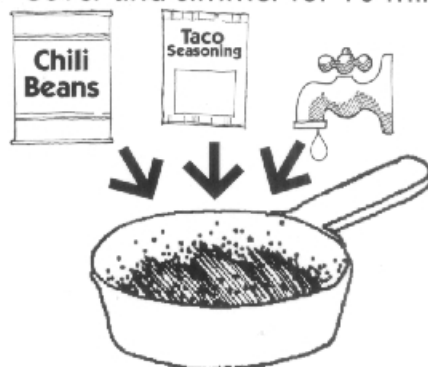


Make your own mix using these ingredients: 1 teaspoon each of salt and chili powder; 1/2 teaspoon each cornstarch, crushed dried red pepper, cumin, and garlic powder; and 1/4 teaspoon dried oregano leaves.

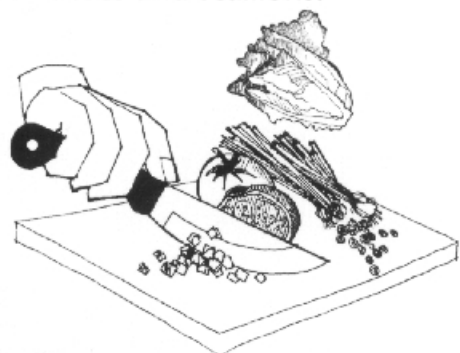
1 Brown hamburger in frying pan. Drain off fat.



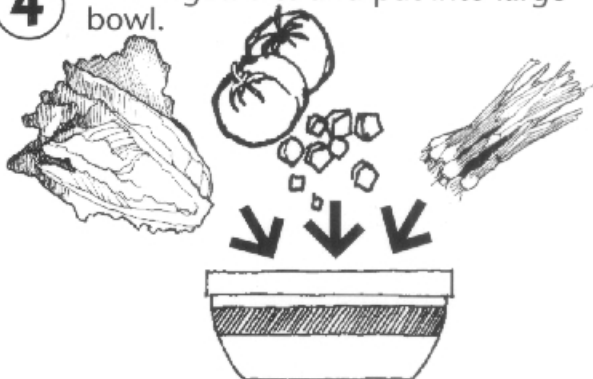
2 Add beans, seasoning, and water. Stir. Cover and simmer for 10 minutes.



3 Tear lettuce into tiny pieces. Chop tomatoes and scallions.

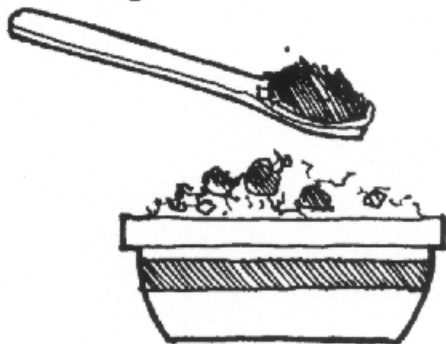


4 Mix vegetables and put into large bowl.

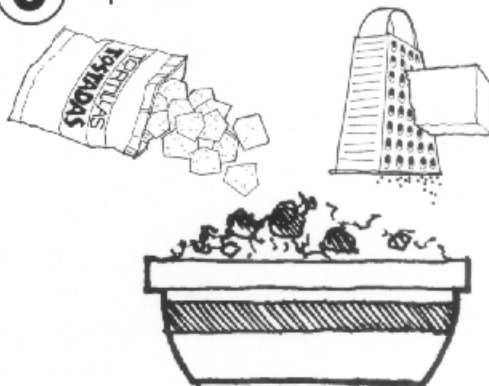


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- 5** Spoon hamburger and bean mixture over vegetables.



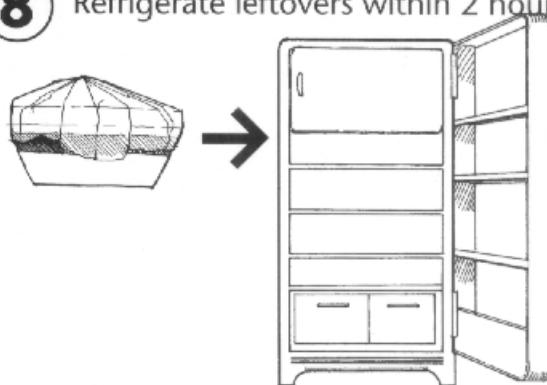
- 6** Sprinkle with cheese and tortilla chips.



- 7** Toss lightly and serve at once.



- 8** Refrigerate leftovers within 2 hours.



Taco Salad is good for:



Builds and repairs skin, muscle and blood.

Fiber

Prevents constipation.

B
VITAMINS

Turn food into energy.

VITAMIN
C

Keeps gums and blood vessels healthy.



Makes red blood.



Builds strong bones and teeth.



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9/99

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