

Taco Salad

60 ml ground beef or kidney beans
5 ml taco seasoning in 10 ml water
¼ head lettuce, shredded
¼ tomato
½ green onion
25 ml shredded cheddar cheese
Handful of taco shells

Brown ground beef and add taco seasoning.
Cook until brown all the way through.

On a plate, layer taco shells, lettuce, beef,
tomatoes, green onions and cheese.

Dressing



15 ml sour cream
2 ml taco seasoning
Stir and pour over salad