

Taco Salad (Mexican Chef's Salad)

Ingredients

- 1 onion
- 4 tomatoes
- 1 head lettuce
- 4 oz grated cheddar cheese
- 8 oz 1000 Island or French dressing
- Hot sauce to taste
- 1 package tortilla chips (any size)
- 1 lb ground beef
- 1 can (15 oz) kidney beans, drained
- 1/4 tsp salt
- 1 avocado, sliced

Instructions

1. Chop onion, tomatoes, and lettuce.
2. Toss with grated cheese, dressing, and hot sauce to taste.
3. Slice and add avocado.
4. Brown beef; add kidney beans and salt.
5. Simmer for 10 minutes and mix into cold salad.
6. Decorate with tortilla chips, avocado, and tomato slices.
7. Serve pronto.

do you have it? They claim it's just like eating a taco but in a salad bowl. K.R., Tigard.

A.: Taco Salad has been popular for a few years, and yes it is very much like a taco but the ingredients are put together a little differently. We also call it Mexican Chef's Salad.

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(Mexican Chef's Salad)

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4 tomatoes

1 head lettuce
4 ounces grated cheddar cheese
8 ounces 1000 Island or French dressing
Hot sauce to taste
1 package tortilla chips (any size)
1 pound ground beef
1 can (15-ounce) drained kidney beans
 $\frac{1}{4}$ teaspoon salt
1 avocado, sliced

Chop onion, tomatoes, lettuce. Toss with grated cheese, dressing and hot sauce to taste. Slice and add avocado. Brown beef; add kidney beans and salt. Simmer for 10 minutes and mix into cold salad. Decorate with tortilla chips, avocado and tomato slices. Serve pronto.

