

Taco Salad

Prep Time: 10 Min **Cook Time:** 10 Min **Total Time:** 20 Min
Serves 1

Ingredients

- 100g hamburger or ground chicken
- 1/2 -1 tsp Taco seasoning (see recipe)
- 2 Tbsp Water
- 2 cups Lettuce - coarsely torn or chopped
- 1 Tomato - diced
- 1-2 Tbsp Salsa (homemade or brand with no sugar or oil)

Instructions

- 1 Brown ground beef or chicken and drain fat
- 2 Add taco seasoning and water
- 3 Simmer, allowing spices to blend & excess water to evaporate
- 4 In a large bowl combine lettuce and tomatoe
- 5 Add meat mixture and top with salsa.
- 6 Mix everything together if desired.

Notes

MAKE AHEAD A great way to get a jump start on meals like this, is to cook a large amount of meat and taco seasoning mix ahead of time. (I will typically make up 1-2 kg of taco meat at once.) Spoon into large resealable freezer-weight plastic bag; freeze. Keep seasoned meat in the freezer for nights when you're out of ideas! One serving of cooked hamburger is approximately 75-85g as it shrinks with cooking.

In Phase 3 add **TOPPINGS** such as sliced green onions or jalapeno peppers, cheese, and sour cream, ranch or catalina dressing.

Once in Phase 4 you may add taco chips or put ingredients into a flour tortilla.

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