

Taco salad



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing staff

About this recipe

Serves

6

Serving size

2 cups

Time to make

20 minutes preparation; 15 minutes cook time

Special criteria

[Family Favorites](#)

Ingredients

- 1 small head of romaine lettuce, torn into small pieces
- 3 fresh tomatoes, chopped
- 1 cup chopped green pepper
- 1/2 pound lean ground beef
- 1 small onion, chopped
- 1 garlic clove, peeled and quartered or 1/8 teaspoon garlic powder
- 1 teaspoon Mexican seasoning, low salt (see “Tips and Variations”)
- 1 15 1/2 ounces-can pinto beans, rinsed and drained
- Optional: Salsa

Directions

1. Put lettuce in a large bowl. Add tomatoes and green pepper.
2. Cook ground beef thoroughly. Drain off fat and rinse.
3. Return meat to fry pan. Add onion and garlic and cook until soft.
4. Add Mexican seasoning and beans.
5. Dish lettuce on plates. Add meat mixture on top.
6. Serve with salsa if desired.
7. Refrigerate leftovers within 2 hours of cooking.

Tips and variations

- Check out this easy-to-make Mexican seasoning mix..
- You may want to use canned chili beans for a spicier flavor.
- To reduce fat, brown meat in a small amount of water instead of oil, or rinse it off with warm water.
- Try adding other deep greens (spinach, kale, etc.) to boost vitamins.

Nutritional info

Calories

172

Total fat

4.5 g

Saturated fat

1.6 g

Cholesterol

24 mg

Sodium

135 mg

Total carbohydrates

21 g

Dietary fiber

7.8 g

Protein

13.3 g

Total sugar

4 g

View other recipe categories

- [Beverages](#)
- [Breads](#)
- [Breakfast](#)
- [Main dishes](#)
- [Salads](#)
- [Seasonings and salsa](#)
- [Side dishes](#)
- [Snacks and sweets](#)
- [Soups](#)

You may also like

[Pinto beans beef tacos](#)

