

Taco Salad

Ingredients:

- 1lb turkey
- Taco seasoning
- Kidney Beans (1 can of light or dark or black beans)
- Shredded lettuce
- Mexican cheese
- Tortilla strips

Dressing:

Sour cream and salsa mixed together

Instructions:

- Brown the turkey and drain the fat (in a jar, DO NOT pour down the sink)
- Drain the beans and add them to the cooked hamburger
- Add 1 packet of taco seasoning
- Turn down heat and let it warm while you make the salad

Salad Instructions:

- Mix the lettuce, cheese, and crushed tortilla strips in a bowl
- Mix in the meat mixture
- Pour on the dressing