

Taco Salad

Taco Meat – 4 students:

400 grams lean ground beef
½ small onion, chopped
1 clove garlic, minced
1/2 tsp salt
1 to 2 tsp chili powder
1 tsp cumin
1/2 cup salsa
3 Tbsp water

Taco Meat – 5/6 students:

500 grams lean ground beef
1 small onion, chopped
2 cloves garlic, minced
3/4 tsp salt
2 to 2 ½ tsp chili powder
1/2 Tbsp cumin
3/4 cup salsa
1/3 cup water

Vegetables for salad – circle the ones people in your kitchen want and write down how many people want it.

_____ tomato _____ green pepper _____ red pepper _____ salsa
_____ green onion _____ olives _____ avocado _____ sour cream

Tortilla chips – bring up your large bowl and I will give you enough for your kitchen.

Grated cheddar cheese – take a medium (4) or large (5-6 students) block and grate it.

1. In the frying pan on medium heat, cook the ground beef. When partially done add the onion and garlic, season with salt.
2. When meat is no longer pink inside add the chili powder and cumin, cook briefly.
3. Mix in the salsa and water, reduce heat and simmer 5 minutes. Taste and adjust seasonings. Keep warm on low heat.
4. On 2 cutting boards – shred lettuce, chop tomatoes and peppers, slice green onion and olives. **PLEASE WASH FIRST!**
5. Grate cheese onto a large plate.
6. Break tortilla chips onto individual serving plates.
7. Individually arrange your salad in layers on your plate. The layers I use are: chips – lettuce – tomatoes and pepper – cheese – warm meat – sour cream – garnishing with olives and green onion.