



AUNT BETH'S TACO SALAD

INGREDIENTS

- 1 lb ground beef
- 1 pkg taco seasoning
- 1 head of lettuce (we prefer romaine)
- 1 small can of kidney beans (drained)
- 3-4 roma tomatoes
- 8 ounces grated cheddar cheese
- Frito's Corn Chips
- 8 ounces Western Dressing
- 1 tablespoon taco sauce

DIRECTIONS

1. Brown the ground beef and drain. Mix in Manzillo Mexican taco seasoning to taste. Set aside to cool.
2. In a large bowl combine chopped lettuce, kidney beans (drained), diced tomatoes, cheddar cheese, cooled ground beef, and Fritos corn chips to taste.
3. In a separate bowl combine Western Dressing and taco sauce.
4. Toss together just before serving.

BENEKER
Family Farms



AUNT BETH'S TACO SALAD

SHOPPING LIST

head of lettuce (we prefer
romaine)
1 small can of kidney beans
(drained)
3-4 roma tomatoes
grated cheddar cheese
Frito's Corn Chips
Western Dressing
taco sauce

SIDE OPTIONS

corn on the cob
corn salad
chips and queso
fruit salad