



# Taco Salad for 4

## Homemade Salsa

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|------------------------------|-------------------------|------------------------|
| 200 ml canned diced tomatoes | 15 ml cider vinegar     | 1 clove garlic, diced  |
| ¼ onion, diced               | 10 ml sugar             | 1 ml salt              |
| ½ jalapeño pepper, diced     | 25 ml tomato paste      | 3 ml red pepper flakes |
| 10 ml oil                    | Optional f.d. hot sauce |                        |

1. Sauté onion, garlic, and peppers. Add red pepper flakes and cook until fragrant.
2. Put tomatoes into small pot and add sautéed vegetables. Add the rest of the ingredients and simmer uncovered for **(about 30 minutes)** until thick. Let cool.

## Tortilla Bowls

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|-----------------------|------------------|
| 1 tortilla per person | 25ml cooking oil |
|-----------------------|------------------|

1. Preheat oven to 450 F.
2. Lightly grease four oven-proof cereal bowls.
3. Place a tortilla in a cereal bowl; brush with oil. *(season with salt + garlic powder)*
4. Place tortilla bowl on cookie sheet. Repeat with the other 3.
5. Bake for 5 -8 min until crisp and light brown.
6. Remove carefully from bowl and allow to cool on cooling rack.

## Taco Salad

- 200 g Ground Beef
- 65 ml water
- 50 ml chopped onion
- 125 ml sour cream
- 10 -12 taco chips

## Homemade Taco Mix

- 4 ml chili powder
- 2 ml Paprika
- 1 ml cumin
- 4 ml garlic powder
- f.g. cayenne

1. Brown ground beef in small non-stick frying pan until fully cooked. Break up the meat with a wooden spoon. Drain fat into tin can on demo counter (Not in the sink).
2. Add seasoning and water. Simmer until liquid is absorbed **(about 8 minutes)**, stirring occasionally. Let cool before tossing in the salad.

## Salad

- ½ head Iceberg lettuce, cut in long lengthwise strips
- 1 red or green pepper, diced
- 125 ml grated cheese

3. Prepare the above ingredients.

## To Serve:

Build salads on small luncheon plates. In tortilla bowls place in order the lettuce, peppers, meat, cheese, salsa, and sour cream. Top with crushed taco chips.