

# Taco Salad.....



- 1 lb lean ground beef
- 1 can dark red kidney beans, rinsed
- 1 pkg taco seasoning
- 1 large head iceberg lettuce
- 1 lb sharp cheddar cheese, shredded (sharp is best)
- 4 roma tomatoes, diced
- 2 ripe avocados, diced
- 1 small red onion, finely diced
- 1 large bag nacho cheese Doritos
- 1 16 oz bottle Kraft Zesty Italian dressing (to taste)

Sauté the ground beef and drain any excess fat. Add kidney beans and taco seasoning with  $\frac{1}{2}$  cup water. Heat through or until excess water is gone. Place this mixture into the fridge or freezer to cool.

Shred lettuce in large bowl and add the cheese, tomatoes, avocados and onion.

Once meat has cooled enough that it won't melt the cheese, add to salad mixture.

Just prior to eating, take the bag of Doritos and lightly crush the chips, you want bite-sized pieces, not dust. Add Doritos to the salad mixture.

Shake the Zesty Italian and add to the bowl until everything is lightly covered, stirring as you go.

Enjoy!

- email me at [NadineATL@gmail.com](mailto:NadineATL@gmail.com) if you have questions!