

Ranch Style Taco Salad

Courtesy of Carole's Creations

Prep Time: 25 minutes

Serves: 6 - half cup servings over salad

CChints: Buy lean ground beef, turkey and chicken when it is on sale. Brown it, crumbled and store divided into 1 pound freezer containers that you have labeled. It will cut 10-15 minutes off the cooking time of any recipe. Ranch Style beans are called for because of their unique flavor.



1 pound lean ground beef, turkey or chicken

1 envelope Taco Seasoning

1/2 cup water

14.5oz. can Diced Tomatoes, not drained. If you like a spicy salad, use tomatoes with mild green chilies or jalapenos.

15oz. can Ranch Style Beans®, drained

1-2 bag pre-washed lettuce, taco style or your favorite lettuce.

Toppings;

1/2 cup yellow onion, diced

1 cup shredded reduced fat cheddar cheese

1 small container reduced fat sour cream

1 can pitted black olives, drained

2 green onions, thinly sliced

Salt and pepper to taste

Optional dressing: Reduced fat Catalina style or light vinaigrette. There is so much natural juice in the meat mixture that you may not need additional dressing.

Meat Frozen: Take a 1 pound container from the freezer. Take off the lid and cover container with a paper towel. Microwave at 50% power for 2 minutes and if it doesn't break up easily, do it again for another 2 minutes.

Fresh Meat: Cook 1 pound of meat in a medium skillet over medium heat until done. Breaking up into pieces as it cooks. When the meat is browned, drain in on a few layers of paper towels.

Add water to a 2.5 quart sauce pan over medium heat and stir in the taco seasoning. Add in the meat, tomatoes and beans to the pan and stir. When mixture begins to boil, reduce heat to a simmer for 15 minutes. Remove from heat and allow it to cool slightly.

Meantime, start preparing the toppings. Put these in small serving bowls or divided serving piece so that people can add their own toppings. Divide lettuce among plates and top with 1/2 cup taco meat mixture. Add with your favorite toppings and serve with reduced fat tortilla chips.