

Taco Salad

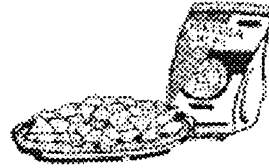
You Need:



1/4 lb. hamburger



1 Tb. Taco Season



1 handful
tortilla chips



1/2 tomato



1 cup lettuce



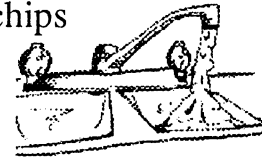
1/4 cup kidney beans



1/2 cup
grated cheese



1 green onion



2 tsp. water



salad dressing

Optional



1 Tb. sour cream



4 olives chopped



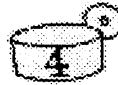
1 Tb. salsa



plate



1/2 cup



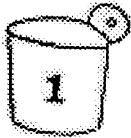
1/4 cup



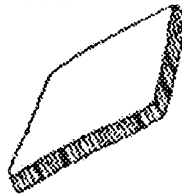
Tablespoon



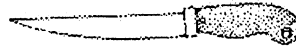
1 teaspoon



1 cup dry
measuring cup



cutting board



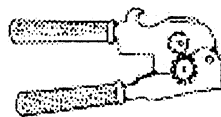
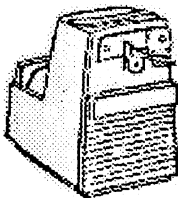
sharp knife



bowl



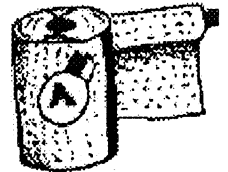
wooden spoon



frying pan

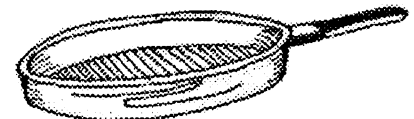
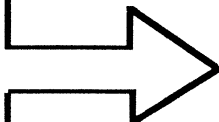
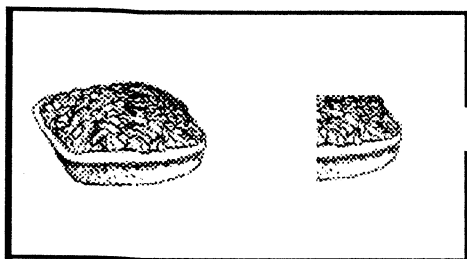


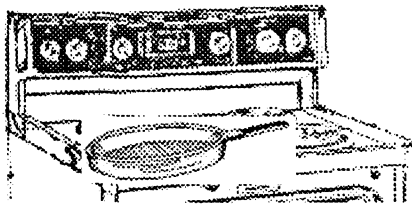
cheese grater



paper towels

1.



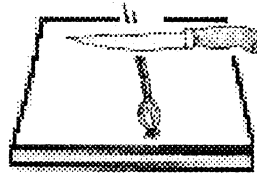
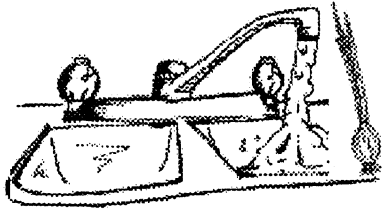


MED HI



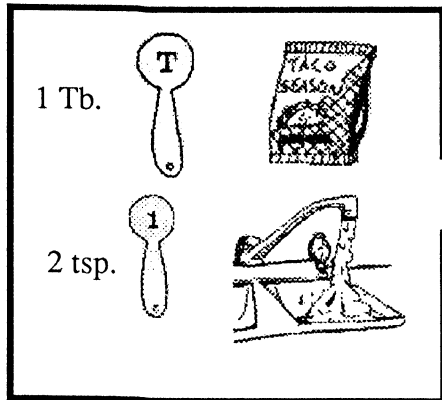
Put on stove. Turn to MEDIUM HIGH. Heat to brown. Stir.

2.



Wash 1 green onion. Remove ends and cut into small pieces. Add to ground beef in frypan.

3.



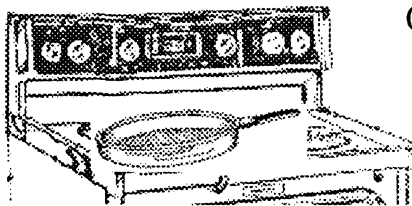
LOW



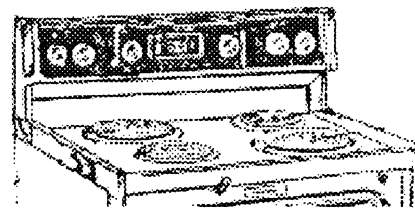
10 minutes



Measure 1 Tb. taco seasoning and 2 tsp. water. Add to frypan. Stir together. Turn heat to LOW. Simmer 10 minutes. Stir occasionally.

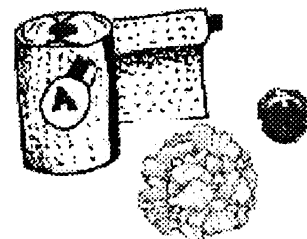
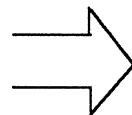
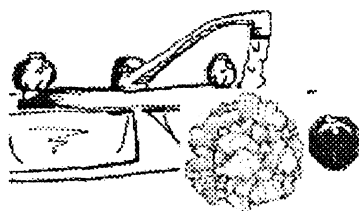


OFF

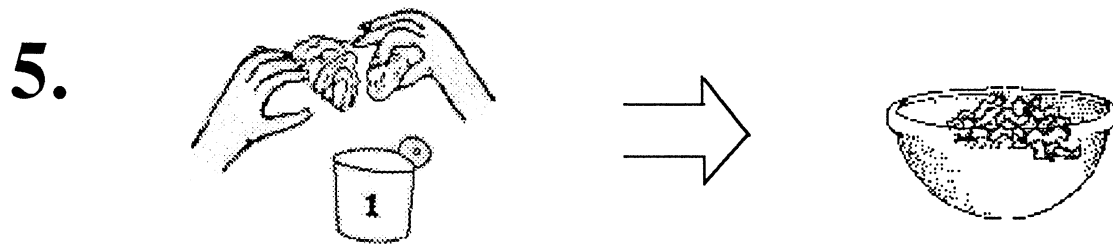


Turn stove OFF. Remove from heat.

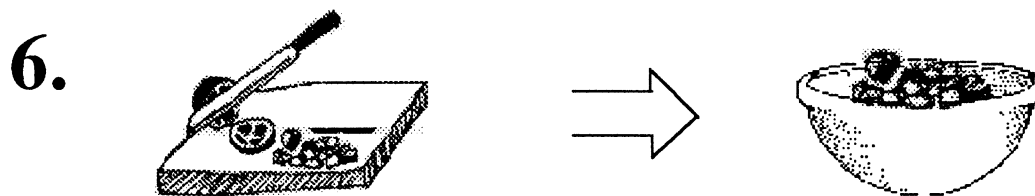
4.



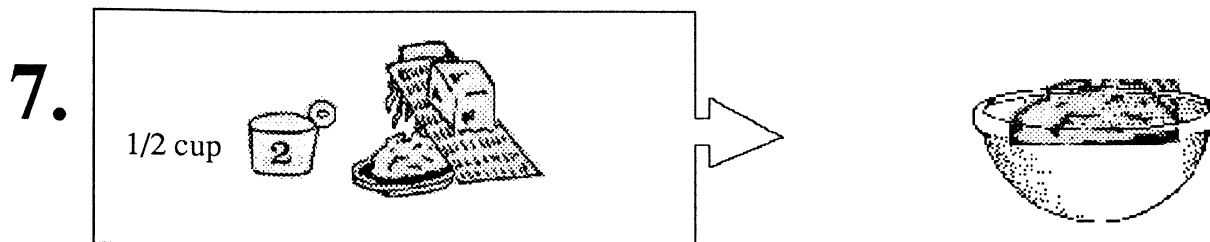
Wash lettuce and tomato. Dry with paper towel.



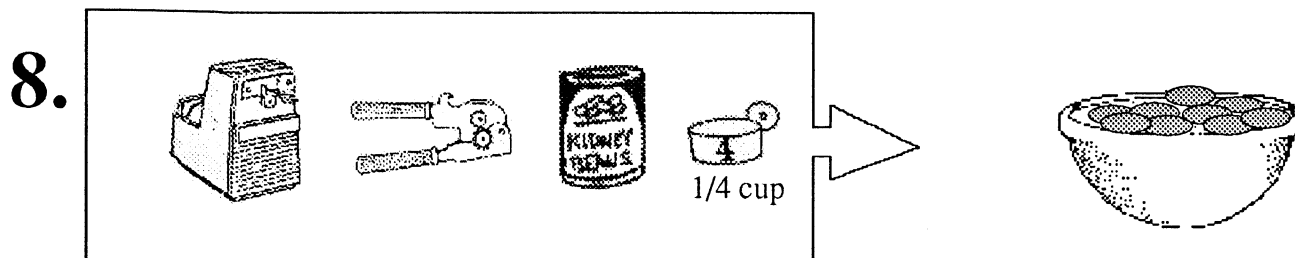
Tear lettuce into bite-size pieces. Measure 1 cup. Add to a large bowl.



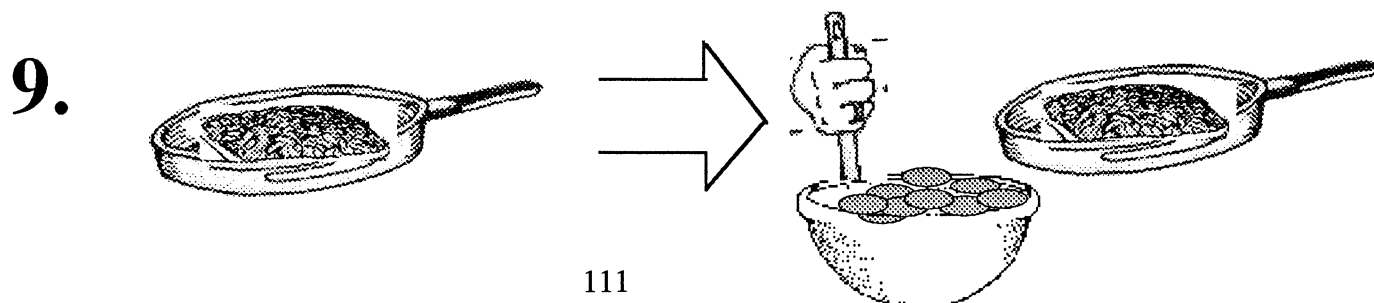
Remove ends of tomato. Cut in half. Cut the half tomato into small pieces. Add to lettuce in bowl.



Grate cheese. Measure 1/2 cup and add to bowl.



Open can of kidney beans with either electric or hand can opener. Measure 1/4 cup kidney beans and add to bowl.



Add cooked ground beef and onions from frypan to bowl. Toss together.

10.



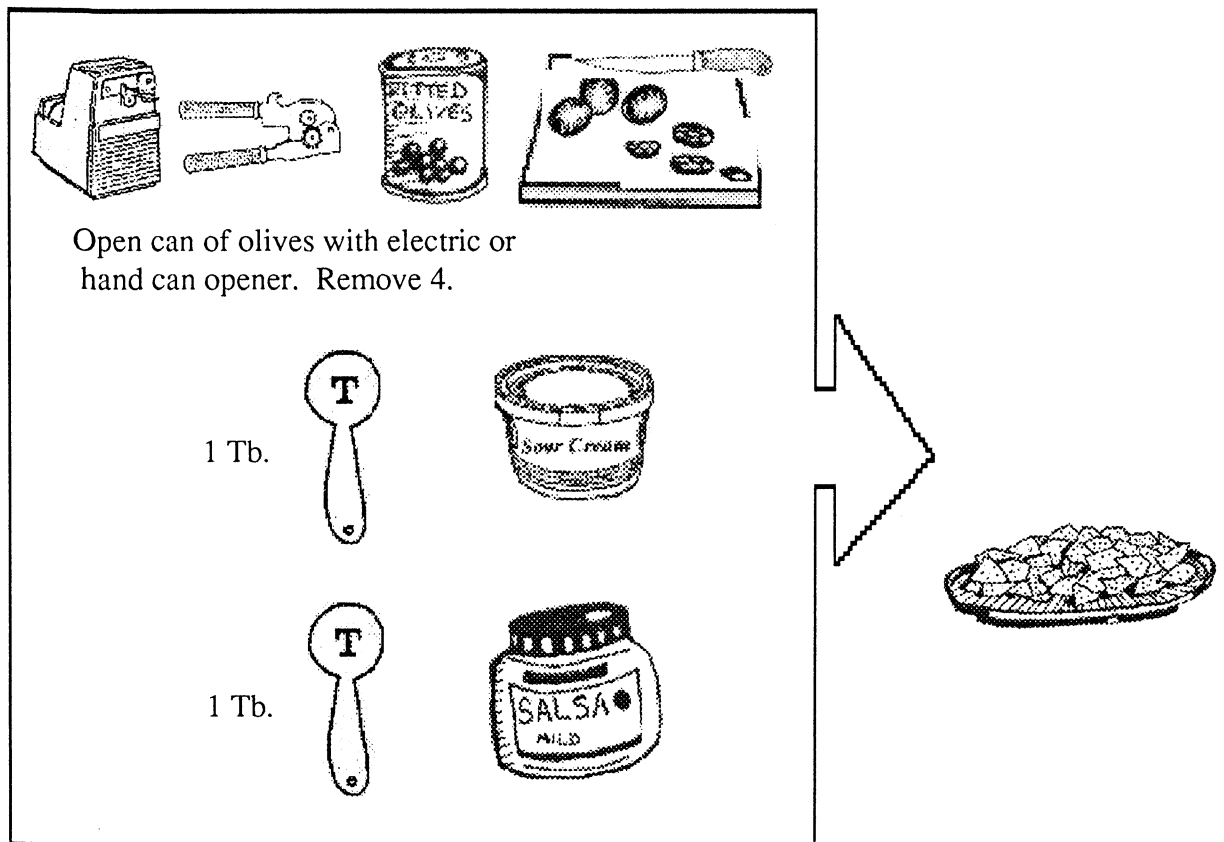
Place one handful of tortilla chips on a plate. Add salad on top of chips.

11.



Add salad dressing and serve.

12.



Measure and add 1 Tb. sour cream, open can of olives with electric or hand can opener and remove 4 olives. Chop into small pieces. Add 1 Tb. salsa to salad.

TACO SALAD

You Need:

1/4 lb. hamburger	frypan
1 Tablespoon taco seasoning	grater
2 teaspoons of water	1 teaspoon
1 cup lettuce	cutting board
1/4 cup kidney beans	knife
1 green onion	bowl
1/2 cup grated cheese	wooden spoon
one handful tortilla chips	Tablespoon
1/2 tomato	1 cup dry measuring cup
salad dressing	1/2 cup dry measuring cup
paper towel	electric or hand can opener
plate	

OPTIONAL INGREDIENTS

- 1 Tb. sour cream
- 4 black olives
- 1 Tb. salsa

1. Measure 1/4 lb. ground beef. Place it in a frypan. Put on stove. Turn to MEDIUM HIGH heat to brown. Stir.
2. Wash 1 green onion. Remove ends and cut into small pieces. Add to ground beef in frypan.
3. Measure 1 Tb. taco seasoning and 2 tsp. water. Add to frypan. Stir together. Turn heat to LOW. Simmer 10 minutes. Stir occasionally. Turn stove OFF. Remove from heat.
4. Wash lettuce and tomato. Dry with paper towel.
5. Tear lettuce into bite-size pieces. Measure 1 cup. Add to large bowl.
6. Remove ends of tomato. Cut in half. Cut the half tomato into small pieces. Add to lettuce in bowl.
7. Grate cheese. Measure 1/2 cup and add to bowl.
8. Open can with either electric or hand can opener. Measure 1/4 cup kidney beans and add to bowl.
9. Add cooked ground beef and onions from frypan to bowl. Toss together.
10. Place one handful of tortilla chips on a plate. Add salad on top of chips.
11. Add salad dressing and serve.¹¹³

OPTIONAL INGREDIENTS

12. Measure and add 1 Tb. sour cream, open can of olives with electric or hand can opener and remove 4 olives. Chop into small pieces. Add 1 Tb. salsa to salad.