



Taco Salad

Servings: 4

Rinse fresh vegetables under running water.

- ½ pound lean ground beef
- 1 cup cooked kidney or chili beans
- ½ package taco seasoning or season to taste
- ½ cup water
- 2 cups romaine lettuce, chopped
- 1 medium tomato, chopped
- 3 green onions, chopped
- ½ cup cheese, grated
- 2 ounces baked tortilla chips

1. Wash hands and surfaces.
2. In frying pan, brown ground beef and drain fat.

3. Add beans, seasoning and water. Stir and simmer for 10 minutes.
4. Mix lettuce, tomatoes, and onions in a large bowl.
5. Spoon ground beef and bean mixture over vegetables. Sprinkle with cheese and tortilla chips. Toss lightly.
6. Refrigerate leftovers immediately.



Nutrition Facts

4 servings per container

Serving size (223g)

Amount per serving

Calories **270**

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 480mg **21%**

Total Carbohydrate 25g **9%**

Dietary Fiber 4g **14%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 21g

Vitamin D 0mcg 0%

Calcium 171mg 15%

Iron 3mg 15%

Potassium 589mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Choose baked chips on the taco salad or use the Baked Tortilla Chips recipe.
- Instead of chopping the lettuce, have your child tear it in to bite-size pieces.
- Use fresh, local veggies. Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org
- Buy low-sodium taco seasonings. To make your own salt-free taco seasoning: 2 tablespoons chili powder, 2 teaspoons cumin, 2 teaspoons oregano and ½ teaspoon of each of the following: onion powder, garlic powder and cayenne pepper. Combine in a plastic sealable bag. Search the internet for other salt-free taco seasonings to make at home!

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance