



## Taco Salad with Beef

4 servings

25 minutes

### Ingredients

- 1 lb Extra Lean Ground Beef
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Sea Salt
- 1 cup Cherry Tomatoes (chopped)
- 1 Jalapeno Pepper (chopped)
- 2 stalks Green Onion (chopped)
- 3 tbsps Lime Juice (divided)
- 2 heads Romaine Hearts (chopped)
- 2 tbsps Extra Virgin Olive Oil
- 2 Avocado (sliced)

### Directions

- 1 In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
- 2 Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
- 3 In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
- 4 To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

### Notes

**Storage,** Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

**More Flavor,** Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

**Make it Vegan,** Use black beans instead of ground beef.