



## FIESTA SALAD

**Number of servings:** 9

**Ingredients:**

- |  |   |
|--|---|
| 1 head lettuce                           | ½ pound lean ground beef  |
| 2 medium tomatoes                        | ½ teaspoon chili powder   |
| 1 small round onion                      | ¼ - ½ teaspoon salt   |
| 1-2 cups cooked pinto<br>OR kidney beans | ½ cup grated cheese<br>salsa OR dressing (prepared<br>or home-made) |
| 1 clove garlic                           |   |

**Directions:**

1. TEAR lettuce into bite-sized pieces. SET aside.
2. SLICE or DICE tomatoes and onion. SET aside.
3. In a large bowl, TOSS lettuce, tomatoes, and onion together. COVER and REFRIGERATE until ready to serve.
4. DRAIN and RINSE beans.
5. CRUSH garlic.
6. In a medium pot, FRY ground beef and DRAIN OFF excess fat.
7. ADD beans, garlic, chili powder, and salt to beef.
8. SAUTÉ for a few minutes until beans are heated through and flavors are blended.
9. ADD meat and bean mixture to chilled lettuce, tomatoes, and onions.
10. TOP with cheese and salsa OR dressing.

**Variations:**

Dry beans may be used. Cook according to package directions.  
Instead of lean ground beef use ground chicken or ground turkey.

**ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.**



## FIESTA SALAD

**Number of servings:** 9

**Ingredients:**

- |  |   |
|--|---|
| 1 head lettuce                           | ½ pound lean ground beef  |
| 2 medium tomatoes                        | ½ teaspoon chili powder   |
| 1 small round onion                      | ¼ - ½ teaspoon salt   |
| 1-2 cups cooked pinto<br>OR kidney beans | ½ cup grated cheese<br>salsa OR dressing (prepared<br>or home-made) |
| 1 clove garlic                           |   |

**Directions:**

1. TEAR lettuce into bite-sized pieces. SET aside.
2. SLICE or DICE tomatoes and onion. SET aside.
3. In a large bowl, TOSS lettuce, tomatoes, and onion together. COVER and REFRIGERATE until ready to serve.
4. DRAIN and RINSE beans.
5. CRUSH garlic.
6. In a medium pot, FRY ground beef and DRAIN OFF excess fat.
7. ADD beans, garlic, chili powder, and salt to beef.
8. SAUTÉ for a few minutes until beans are heated through and flavors are blended.
9. ADD meat and bean mixture to chilled lettuce, tomatoes, and onions.
10. TOP with cheese and salsa OR dressing.

**Variations:**

Dry beans may be used. Cook according to package directions.  
Instead of lean ground beef use ground chicken or ground turkey.

**ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.**