FIESTA SALAD

Number of servings: 9

Ingredients:
1 head lettuce
2 medium tomatoes
1 small round onion
1-2 cups canned pinto OR kidney beans
½ pound lean ground beef
½ teaspoon chili powder
¼ - ½ teaspoon salt
½ cup shredded cheese
1 clove garlic
salsa OR dressing (prepared or home-made)

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.