

Taco Salad



Serves 4

Ingredients:

For the salad:

- 1 pound ground beef
- 1 red bell pepper, diced
- 8 cups salad greens
- 1 cup salsa
- 1 (3 ounce) can black olives, sliced

For the spice blend:

- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 1 tablespoon onion powder
- 2 teaspoons dried oregano
- 1 teaspoon paprika
- 1/2 teaspoon sea salt
- 1 cup warm water

For the dressing:

- 1 ripe avocado
- 3/4 cup tomato sauce
- Juice of 1/2 lime

Instructions:

1. Cook ground beef in a large skillet over medium high heat. Drain fat, if necessary.
2. While beef cooks, combine spices in a small bowl. Add water and whisk together.
3. Add spice liquid to cooked ground beef. Stir to combine and simmer over medium low heat until most of the liquid has evaporated, about 10-15 minutes.
4. While taco meat simmers, place avocado, tomato sauce, and lime juice in the bowl of a food processor and process until smooth.
5. To serve, place salad greens in a bowl. Top with red pepper, ground beef, dressing, salsa, and black olives. Serve.

Nutrition per serving: Calories 345; Total Fat 21.3 g; Saturated Fat 6.1 g; Monounsaturated Fat 10.9 g; Polyunsaturated Fat: 1.6 g; Total Carbohydrates 19.0 g; Dietary Fiber 8.1 g; Sugar Alcohols 0.2 g; Sugars 6.8 g; Protein 22.9 g; Sodium 1234 mg