**TACO SALAD**

**Ingredients:**

1/2 medium onion

1/2 lb. ground beef

1 tomato, chopped

1/2 can kidney beans (and its juice)

1/4 c. Thousand Island dressing

1/2 c. salad dressing

1/4 head lettuce, shredded

1 c. cheddar cheese, shredded

1/2 pkg. tortilla chips

**Directions:**

1. Finely dice the onion.
2. In a large non-stick frying pan, crumble ground beef and cook with the onions until the ground beef is brown and no longer pink. Cook on medium-high (about a 7).
3. Chop the tomatoes.
4. In a large bowl, combine the cooked ground beef, tomato, kidney beans (and the juice from the can), and both dressings. Mix gently.

**For each student in the kitchen unit, do the following:**

1. Place a layer of shredded lettuce on a plate.
2. Top with ground beef/bean mixture.
3. Sprinkle with grated cheese.
4. Top with crumbled tortilla chips, or place whole chips along the side of the plate.
5. Please present your plates to the teacher for evaluation.
6. Once evaluated, you may enjoy your meal.

Serves 4