

Taco Salad

Ingredients

1 lb lean ground beef
1 cup sliced mushrooms
½ cup chopped green onions
1 cup cherry tomatoes sliced in half
1 cup diced bell pepper
1 cup canned black beans
1 [Watkins Taco Seasoning Packet](#)
1 cup shredded cheddar or Tex Mex cheese
Shredded spinach or lettuce
Taco bowls - [Make your own!](#) / 2 flour tortillas
Sour cream
Guacamole - optional
Salsa - optional

Directions

If you are making your own taco shells, start by placing two flour tortillas in the pans and bake according to instructions.

In a skillet, brown and cook the ground beef. Add your taco seasoning packet according to directions. Take your taco bowl and add your ground beef evenly on the bottom of the bowl. Then add a small layer of mushrooms, onions, tomatoes, bell pepper, beans and spinach or lettuce. Add salsa & guacamole. Top with sour cream and a generous sprinkling of cheddar cheese.

Recipes from: trustednaturalhomeproducts.com