

Taco Salad Bowl

Prep: 15 minutes // Cook: 10 minutes // Total: 25 minutes // Servings: 6

Equipment: meat chopper, pan, and knife

Ingredients:

- 1 lb lean ground beef, or ground turkey
- 2 tablespoons taco seasoning, or 1 packet
- ½ cup water
- 1 can black beans, drained and rinsed
- 1 cup corn, canned or frozen
- 1 head romaine lettuce, chopped
- 6 (8 inch) flour tortillas, or 1 bag tortilla chips

Topping Options:

- 2 cups cherry tomatoes, halved
- ½ cup sliced olives
- ½ cup shredded cheese
- ¼ cup chopped red or green onion
- ½ cup chopped cilantro
- salsa
- sour cream
- guacamole, or chopped avocado

Instructions:

Meat Mixture: Add ground beef to a skillet over medium heat. Cook, crumbling with a wooden spoon into small pieces, until cooked through. Remove grease. Add taco seasoning and water and cook for 5 minutes. Stir in black beans and corn.

a. 1 lb lean ground beef, 2 tablespoons taco seasoning, ½ cup water, 1 can black beans, 1 cup corn

Assemble: Add baked tortilla shell (recipe follows) or tortilla chips to the bottom of a shallow bowl. Top with a handful of lettuce, then taco meat and desired toppings. Add salsa, sour cream and guacamole (or avocado) on top.

b. 1 head romaine lettuce, 2 cups cherry tomatoes, ½ cup Sliced Olives, ½ cup shredded cheese, ¼ cup chopped red or green onion, ½ cup chopped cilantro

How to Make Baked Tortilla Bowls:

1. Brush a thin layer of canola or vegetable oil on both sides of 8" flour tortillas. Place a 4" ramekin or similar-size oven-safe bowl, face down, on a cookie sheet. Lay a tortilla over it. Place a piece of heavy-duty aluminum foil on top of the tortilla and press down, scrunching the foil and tortilla around the ramekin until it's shaped like a tortilla bowl (think basket-style coffee filter).
2. Now flip the whole thing over so it's open-end up. Repeat for however many tortilla bowls you're going to need (and an extra or two in case one breaks!).
3. Preheat oven to 375 degrees and bake for 5 minutes. Take cookie sheet out of oven, use tongs to carefully remove each ramekin and then return the tray to the oven to cook for 5 more minutes.
4. Remove from oven, carefully lift each shell out of the foil and place bottom up, foil down on the cookie sheet. Gently secure the rim of the tortilla inside the foil so it doesn't burn. Return to oven to cook for 7-10 more minutes or until crisp and golden.