

Taco Bean Salad

Jacob · 30/09/2024



Prep Time

1 hr 5 mins

Difficult

Medium

Servings

12

Description

This recipe makes a lot and is a complete meal This is a family recipe and we love to make it in the summer The dressing tastes best when refrigerated overnight

Ingredients

- - 1 teaspoon olive oil - 1 large onion
- chopped - 2 pounds ground beef - ½ cup chili powder - 1 tablespoon dried oregano - 2 tablespoons ground cumin - ¾ cup sliced black olives - 2 (14 ounce) cans light red kidney beans
- drained and rinsed - 1 (16 ounce) garbanzo beans
- drained and rinsed - 1 (16 ounce) can pinto beans
- drained and rinsed - 1 (16 ounce) can black beans
- drained and rinsed - salt and ground black pepper to taste - 4 cups mayonnaise - 1 cup taco sauce - 2 teaspoons hot pepper sauce - 1 head iceberg lettuce
- shredded - 1 tomato
- chopped - 2 cups shredded Cheddar cheese - 2 cups crumbled tortilla chips

Instructions

1. Heat oil in a skillet over medium heat. Cook and stir onion until it has softened and turned translucent
2. about 5 minutes. Reduce heat to medium-low
3. and continue cooking and stirring until the onion is very tender and dark brown
4. 15 to 20 minutes more. Cook and stir ground beef into onion until the beef is crumbly
5. evenly browned
6. and no longer pink
7. about 10 minutes. Drain and discard any excess grease. Stir in chili powder
8. oregano
9. and cumin until incorporated
10. 1 minute. Remove from heat. Stir in olives
11. kidney beans
12. garbanzo beans
13. pinto beans
14. and black beans; cool. Mix together mayonnaise
15. taco sauce
16. and hot pepper sauce in a bowl. Refrigerate until ready to serve. Layer lettuce with tomatoes
17. Cheddar cheese
18. bean mixture
19. tortilla chips
20. and dressing to serve. Chef's Note: After making the hamburger/bean mix
21. we divide this into freezer bags (about 2 to 3 cups per bag) and freeze it. When we're ready to use it
22. we make fresh dressing
23. thaw the bean mix and make the fresh salad. You can also add avocados to the top of the salad if you'd like.