

Taco Salad with Lime Vinegar Dressing

Jacob · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

4

Description

This is a quicktothrowtogether taco salad that even picky family members will eat as you can serve any of the ingredients on the side I sometimes serve with taco shells and let my fiveyearold make tacos out of the ingredients minus the dressing for the salad Serve salad with tortilla chips avocado cilantro and Cheddar cheese to taste Yum

Ingredients

- - 1 pound lean ground beef - $\frac{3}{4}$ cup water - 1 (1 ounce) packet taco seasoning mix - 1 head romaine lettuce
- chopped - 1 (15 ounce) can kidney beans
- rinsed and drained - 1 (10 ounce) basket grape tomatoes
- chopped - 1 avocado
- pitted and sliced - $\frac{1}{2}$ cup chopped carrots
- or to taste - $\frac{1}{2}$ cup chopped green bell pepper
- or to taste - $\frac{1}{2}$ cup chopped celery
- or to taste - $\frac{1}{4}$ cup shredded Cheddar cheese
- or to taste (Optional) - $\frac{1}{4}$ cup lime juice - 3 tablespoons honey - 2 tablespoons champagne vinegar - 2 tablespoons chopped fresh cilantro
- or to taste (Optional) - 2 tablespoons Dijon mustard - 3 cloves garlic
- minced - salt and ground black pepper to taste

Instructions

1. Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly
2. 5 to 7 minutes; drain and discard grease. Add water and taco seasoning mix; cook and stir until water is evaporated and beef is evenly coated in seasoning mix
3. about 5 minutes. Mix romaine lettuce
4. kidney beans
5. tomatoes
6. avocado
7. carrots
8. green bell pepper
9. celery
10. and Cheddar cheese in a large bowl; top with ground beef. Whisk lime juice
11. honey
12. vinegar
13. cilantro
14. mustard
15. garlic
16. salt
17. and pepper together in a bowl until dressing is well mixed; served alongside salad.