

Easy Black Bean Taco Salad

Jacob · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

4

Description

Perfect for busy nights My family asks for this black bean taco salad weekly Optional addins sliced avocado guacamole and black olives

Ingredients

- - 1 pound ground beef - 1 envelope taco seasoning mix - $\frac{3}{4}$ cup water - 1 (15 ounce) can black beans
- drained - 1 head romaine lettuce
- shredded - 1 (8 ounce) jar salsa - 2 tomatoes
- diced - 2 cups shredded Mexican cheese blend - 8 ounces sour cream - 1 (10 ounce) bag tortilla chips

Instructions

1. Brown ground beef in a skillet over medium heat until crumbly and no longer pink
2. about 8 minutes; stir in taco mix and water. Cook beef mixture until thickened
3. about 10 more minutes. Place black beans into a saucepan and bring to a simmer over medium heat. Spread $\frac{1}{4}$ of the beef mixture on a serving plate and top with $\frac{1}{4}$ of the black beans; repeat with remaining beef mixture and beans to make 4 salads. Spread separate layers of romaine lettuce
4. salsa
5. tomatoes
6. and cheese over salads. Generously garnish with sour cream and tortilla chips.