

Taco Salad

Ingredients

- 7 oz frozen cooked beef crumbles
- 1 tbsp onions, chopped
- 1/4 cup canned diced tomatoes, no salt added
- 1 tsp tomato paste, no salt added
- 1/2 cup water
- 1/8 tsp chicken base, low sodium
- 1/2 tbsp salsa, low sodium
- 1/2 tsp kosher salt
- 1/2 tsp pepper
- 1 tsp chili powder
- 1/2 tsp cumin
- 1 tsp taco seasoning
- 1-1/2 tsp garlic, minced
- 8 oz tortilla chips
- 4 cups romain lettuce, shredded

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 368 calories, 12.77 g fat, 4.27 g saturated fat, 690 mg sodium, 51.15 g carbohydrate, 7.26 g fiber, 1.2 g sugar, 14.69 g protein

Directions

1. Brown beef and onions together over medium heat.
2. Mix diced tomatoes with tomato paste and add to beef mixture. Simmer for 15 minutes.
3. Add water, chicken base, salsa, salt, pepper, chili powder, cumin, taco seasoning, and garlic and let simmer for an additional 20 minutes. Ensure that the internal temperature reaches 165° F.
4. To serve, place beef mixture on tortilla chips and top with lettuce.

