|  |
| --- |
| Meal In One Salad |
| This is really good! It is a great summertime lunch.  C:\Users\Owner\Pictures\Food\Meal In One Salad\IMG_0821.JPG |
| |  |  |  | | --- | --- | --- | | 1/2 | cup | chopped onion | | 1 | head | lettuce, chopped | | 2 |  | tomatoes, cut in wedges | | 1 |  | avocado, diced | | 4 | oz. | grated Cheddar cheese | | 1 | lb. | ground beef | | 1 | 15 oz | Dark red kidney beans, drained | | 1 | tsp | salt | | 1 | small bag | tortilla chips | | 16 oz |  | Thousand Island dressing C:\Users\Owner\Pictures\Food\Meal In One Salad\IMG_0600.JPG |   Crumble and cook ground beef in skillet until done. Add drained dark red kidney beans and salt.  Simmer 10 minutes, Drain any excess fat and refrigerate until you are ready to assemble the salad.  C:\Users\Owner\Pictures\Food\Meal In One Salad\IMG_0626.JPG C:\Users\Owner\Pictures\Food\Meal In One Salad\IMG_0609.JPG  Toss together the chopped onion, chopped lettuce, tomato wedges, diced avocado and shredded  Cheddar cheese. Refrigerate until you are ready to assemble the salad.  C:\Users\Owner\Pictures\Food\Meal In One Salad\IMG_0617.JPG C:\Users\Owner\Pictures\Food\Meal In One Salad\IMG_0620.JPG  C:\Users\Owner\Pictures\Food\Meal In One Salad\IMG_0630.JPG C:\Users\Owner\Pictures\Food\Meal In One Salad\IMG_0635.JPG  Crush small bag of tortilla chips.  C:\Users\Owner\Pictures\Food\Meal In One Salad\IMG_0689.JPG C:\Users\Owner\Pictures\Food\Meal In One Salad\IMG_0690.JPG  At serving time, toss together the meat and bean mixture, the lettuce mixture and the Thousand Island Dressing. |
|  |

 

**Let’s make life special by sharing great food with our family and friends! Enjoy!**