

Taco Salad

Make the ultimate taco salad with seasoned ground beef, fresh vegetables, cheese, and zesty dressing. Perfect Tex-Mex dinner ready in 30 minutes!

15	15	30	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Taco Salad

Ingredients

- 1 lb ground beef
- 1 pack taco seasoning
- 1 lettuce
- 1 red onion
- 1 cup tomato
- 1 cup black bean
- 1 cup corn
- 1 cup cheddar cheese
- 1 cup tortilla chips
- 1 cup sour cream
- 1 cup cilantro (coriander)
- 1 lime juice

Instructions

- 1 Cook the ground beef**

Heat a large skillet over medium-high heat (about 190°C/375°F). Add 1 lb ground beef and cook, breaking it apart with a wooden spoon, until browned and no pink remains, about 6-8 minutes.
- 2 Drain excess fat from the skillet, leaving about 1 tablespoon. Add 1 pack taco seasoning and 2/3 cup water to the beef. Stir well and simmer until the liquid evaporates and the meat is well coated, about 3-4 minutes. Remove from heat and let cool slightly.**
- 3 Prepare the vegetables**

Wash and dry the lettuce, then chop into bite-sized pieces to make about 6 cups. Dice the tomatoes into 1/2-inch pieces, removing excess seeds and juice. Finely dice the onion into 1/4-inch pieces.
- 4 Drain and rinse 1 cup black beans and 1 cup corn in a colander under cold water. Pat completely dry with paper towels to prevent the salad from becoming soggy.**
- 5 Make the dressing**

Combine 1 cup salsa and 1 cup sour cream in a small bowl. Whisk until smooth and creamy. Taste and season with salt and pepper if needed.

6 Assemble the salad

Place the chopped lettuce in a large serving bowl. Layer the seasoned ground beef, diced tomatoes, diced onion, black beans, and corn evenly over the lettuce.

7 Sprinkle 1 cup shredded cheese and 1 cup crushed tortilla chips over the top of the salad just before serving to maintain crunchiness.

8 Serve

Drizzle the salsa-sour cream dressing over the salad or serve it on the side. Serve immediately while the tortilla chips are still crispy.

Tips

Season your ground beef generously with a homemade blend of chili powder, cumin, garlic powder, and paprika for authentic taco flavor. Cook the meat completely and let it cool slightly before adding to the salad to prevent wilting the lettuce.

Keep ingredients at the proper temperature—cold vegetables and room temperature or slightly warm meat create the best texture contrast. This also helps prevent condensation that can make the salad soggy.

Drain canned ingredients like black beans and corn thoroughly, and pat fresh tomatoes dry with paper towels to remove excess moisture that could make the salad watery.

Make your own tortilla chips by cutting corn tortillas into triangles, brushing with oil, and baking at 400°F until crispy. This gives you control over salt content and ensures maximum crunch.

Layer ingredients strategically when serving—place heartier ingredients like beans and corn in the middle, with delicate lettuce on the bottom and top to protect it from heavier, wetter ingredients.

Prepare a double batch of taco meat and freeze half for quick future meals. The seasoned meat keeps well frozen for up to 3 months and thaws quickly for easy taco salad assembly.

For the best dressing consistency, let sour cream come to room temperature before mixing with salsa. This prevents lumps and creates a smoother, more cohesive dressing that coats ingredients evenly.

Serve immediately after assembling, or if making individual portions, pack components separately and combine just before eating to maintain optimal texture and freshness.