TIPS FOR TEENS

How to Make Taco Salad

Intended Audience

- 8 and up
  - With parent supervision

Lesson Objectives:

Participants will:

- Learn how to make Taco Salad

Time: 20 minutes

Equipment & Handouts:

- Heat source (stove)
- 1 large bowl
- 1 small bowl
- Whisk
- Spatula
- Skillet
- Serving spoon
- Measuring utensils

Serving Size:

- 8 people

Sources:

- https://www.theseasonedmom.com/doritos-taco-salad/

Background and Outcome

Learn how to make this healthy refreshing meal any time of the year. It is great for family gatherings or enjoing the warm sun.

Ingredients

- 2 cups of shredded cheese
- 1 can kidney beans
- 1 head of lettuce
- 1 large tomato
- 1 bag of tortilla chips

For the Meat:

- 1 package of taco seasoning or 6 tablesppons
- 1 pound of ground beef
- 1 small onion

For the Sauce:

- 1 cup of vegetable oil
- 3/4 cup of sugar
- 1/2 cup of ketchup
- 1 teaspoon of worcestershire sauce
- 5 tablespoons of vinegar

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Brown the Meat: (7 minutes)

- Heat the oil in a skillet over medium-high heat. Add ground beef and chopped onion. Cook until browned.
- Add taco seasoning. Stir seasoning into the ground beef until combined. If you like, you can also add 1/4 cup of water when adding the seasoning. Let it simmer.

Prepare Toppings: (5 minutes)

- Chop lettuce and tomatoes
- Add shredded cheese, kidney beans, lettuce and tomatoes into a large bowl.
- When the ground beef is cool, add it into the large bowl.
- Crush the tortilla chips and add them to a large bowl (make sure you open the bag prior to crushing the chips).

Make the Sauce: (5 minutes)

- Combine oil, sugar, ketchup, worcestershire sauce, and vinegar in a small bowl.
- Whisk thoroughly to combine all sauce ingredients.

Put it All Together: (3 minutes)

- Combine all ingredients together
- Serve immediately or refrigerate until ready to serve.

*It is suggested to add the chips right before serving.