

# Taco Salad

Recipe By *Chaia Frishman*



Cooking and Prep:  35  
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Serves:  6

Contains:   

**Preference:** Meat

**Difficulty:** Medium

**Occasion:** Shabbat

**Source:** Family Table by  
Mishpacha Magazine

This was a true winner. How do I determine that a salad is a winner? When my kids ask for seconds, or even thirds. Make a double portion of meat and you will have a different meal of tacos to serve during the week. Yields 4 main dish servings or 6-8 salad servings.

## Ingredients (14)

### Meat Ingredients

- 1 pound (450 grams) mixed ground chicken and beef (all beef or all chicken is okay too)
- 1 tablespoon chili powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon red-pepper flakes
- 1/2 teaspoon paprika

1 and 1/2 teaspoons cumin

1 teaspoon salt

1 teaspoon black pepper

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## Salad Ingredients

1 head red-or green-leaf lettuce, shredded

1/2 cup each of red, yellow, and orange peppers, cut into strips

1 and 1/2 cups taco-flavored chips

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## Dressing

1 cup salsa

1/2 cup Gefen Mayonnaise

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## Start Cooking

### Prepare the Meat

1. Spray a large frying pan with nonstick cooking spray. Add meat and spices to the pan and brown over medium heat for 25–30 minutes, breaking up the meat as it cooks, until meat has changed color and is cooked through.

### Assemble the Salad

1. Layer salad in a bowl or on individual plates in this order: lettuce, meat, vegetables, taco chips, and dressing.

### Credits

Photography: Lisa Monahan.

Food Styling: Chani Nayman.