



RECIPE | TOMATOES

# BEEF TACO SALAD



15 min

5 min  
PREP.

10 min  
COOKING



4



easy

## INGREDIENTS

Recipe created by Eaman Almkaly

**2 dry pints** Pure Flavor® Sangria® Medley Tomatoes, halved  
**1 lb** lean ground beef  
**2 tbsp** taco seasoning  
**1 head** romaine lettuce, chopped  
**1 cup** cheddar cheese, shredded  
**1 cup** avocado, cubed  
**1 cup** red cabbage, shredded  
**1 cup** canned corn, drained  
**1 cup** canned black beans, drained & rinsed

**1 cup** tortilla strips/chips  
Salsa, for garnish  
Sour cream, for garnish  
Cilantro, for garnish  
Lime wedges, for garnish



## DIRECTIONS

- 1 In a large skillet, add ground beef and cook over medium-high heat, for 7 to 8 minutes, breaking into small chunks and stirring constantly while cooking. Cook until browned. Add taco seasoning. Stir seasoning into the ground beef until combined. You can also add ¼ cup of water when adding the seasoning and let it simmer uncovered, stirring often until thickened.
- 2 Into a medium bowl, combine taco salad ingredients. Place the lettuce, tomatoes, cheddar cheese, avocado, red cabbage, black beans, corn, cooked ground beef and add tortilla strips/chips. Garnish with salsa, sour cream, cilantro, lime wedges and enjoy!