

# The Ultimate Taco Salad

Yield: 8 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/corn-chip-salad-recipe-with-russian-dressing>

## Ingredients:

- 1 pound ground beef 455g
- 2/3 cup water 155ml
- 1 packet taco seasoning or 3 Tablespoons, \*, 35g
- 6 cups romaine lettuce chopped, 285g
- 1 pint cherry tomatoes halved, 185g
- 1 avocado diced
- 1/3 cup diced red onion finely
- 1 1/2 cups shredded cheddar cheese sharp, 170g
- 1/3 cup cilantro chopped, 13g
- jalapeno slices optional, use more or less depending on how hot you like your taco salad to be. I only used half of a sliced jalapeno...
- corn chips broken, optional\*\*
- 1/2 cup sour cream 120g
- 1/2 cup medium salsa 135g
- 1 1/2 tablespoons taco seasoning

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 70 milligrams
4. Fat: 22 grams
5. Fiber: 4 grams
6. Protein: 18 grams
7. SaturatedFat: 10 grams
8. Sodium: 330 milligrams
9. Sugar: 4 grams
10. TransFat: 0.5 grams

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