

# Layered Mexican Salad

Yield: 8 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/layered-mexican-salad-recipe-from-betty-crocker>

## Ingredients:

- 1 pound ground sirloin 90% lean
- 2 tablespoons taco seasoning
- 1 head iceberg lettuce chopped
- 4 cups tomatoes diced, about 2
- 1 cup onion large, chopped, about 1
- 1 can black beans 14 ounces, rinsed and drained
- 8 ounces sharp cheddar cheese grated
- 10 ounces tortilla chips lightly crushed
- 1 cup thousand island dressing
- 1 tablespoon taco sauce
- 1 tablespoon taco seasoning
- green onions Chopped, for garnishing optional

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 75 milligrams
4. Fat: 34 grams
5. Fiber: 8 grams
6. Protein: 26 grams
7. SaturatedFat: 10 grams
8. Sodium: 890 milligrams
9. Sugar: 10 grams
10. TransFat: 0.5 grams

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