

Aunty Kate's Delicious Taco Salad

INGREDIENTS (SERVES 4)

- ½ cup prepared salsa
- ¼ cup reduced-fat sour cream (please don't use fat free)
- 1 teaspoon olive oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 pound lean ground turkey or lean hamburger
- 2 large fresh plum tomatoes, diced
- 1 14-ounce can kidney beans, rinsed
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- ¼ cup chopped fresh cilantro
- 8 cups shredded romaine lettuce
- ½ cup shredded sharp Cheddar cheese



DIRECTIONS

1. Combine salsa and sour cream in a large bowl.
2. Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring often until softened, about 2 minutes. Add turkey or beef and cook, crumbling meat with a wooden spoon until cooked through, about 5 minutes. Add tomatoes, beans, cumin and chili powder; cook, stirring until the tomatoes begin to break down, 2 to 3 minutes. Remove from the heat, stir in cilantro and ¼ cup of the salsa mixture.
3. Add lettuce to the remaining salsa mixture in the bowl; toss to coat. To serve, divide the lettuce among 4 plates, top with the turkey mixture and sprinkle with cheese.

Indigenous Ingredients: Beans and tomatoes. Wild onions are Indigenous to this area as well, though not likely used in this recipe. Cilantro, cumin and chili are Indigenous to North and South America.

“Create love in the kitchen! Enter with a good mind, happy heart and clean hands!”

Kate Brant