



Summer Fiesta Taco Salad

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Delicious Frito Taco Salad Recipe!

Looking for a tasty meal that's simple to make and sure to please everyone? Look no further than our Frito Taco Salad! Ideal for a casual gathering or a weeknight dinner, this salad combines the savory flavors of seasoned ground beef, fresh vegetables, and crunchy Fritos corn chips, all topped with a tangy dressing. It's a delightful mix of textures and flavors that will leave you craving more.

Ingredients:

- 1 lb ground beef
- 1 packet taco seasoning mix
- 1 head romaine lettuce, chopped
- 1 can black beans, drained and rinsed
- 1 cup corn kernels

- 1 cup cherry tomatoes, halved
- 1 cup shredded cheddar cheese
- 1/2 cup sour cream
- 1/2 cup salsa
- 1 bag Fritos corn chips

Directions:

Cook the Ground Beef:

1. Heat a skillet over medium heat and cook the ground beef until browned, breaking it up with a spoon as it cooks.
2. Drain any excess fat from the skillet.
3. Stir in the taco seasoning mix and the amount of water specified on the package (typically about 2/3 cup).
4. Simmer for 5 minutes, stirring occasionally, until the beef is well-coated and the liquid is mostly absorbed. Remove from heat and let cool slightly.

Prepare the Salad Ingredients:

1. In a large bowl, mix together the chopped romaine lettuce, drained black beans, corn kernels, and halved cherry tomatoes. This forms the fresh and colorful base of your salad.

Assemble the Salad:

1. Add the cooked and slightly cooled ground beef to the bowl with the salad ingredients.
2. Sprinkle the shredded cheddar cheese over the top.

Make the Dressing:

1. In a small bowl, combine the sour cream and salsa, mixing well to

create a creamy and tangy dressing. Adjust the ratio to taste if you prefer a thicker or more fluid dressing.

See also [Meringue Ice Cream](#)

Final Touches:

1. Just before serving, crush the Fritos corn chips slightly and sprinkle them over the salad. This ensures they stay crunchy.
2. Drizzle the sour cream and salsa dressing over the salad or serve it on the side so everyone can add as much as they like.

Notes:

- **Protein Options:** If you prefer, you can use ground turkey or chicken instead of ground beef. For a vegetarian option, try using a meat substitute or extra beans.
- **Cheese Variations:** Feel free to use a Mexican cheese blend, pepper jack, or any other cheese you enjoy.
- **Extra Toppings:** Avocado, sliced olives, jalapeños, or green onions make great additional toppings.
- **Dressing Variations:** You can also use ranch dressing or a creamy avocado dressing for a different flavor profile.

Conclusion:

This Frito Taco Salad is a fantastic blend of flavors and textures, making it a hit at any meal. The seasoned beef, fresh vegetables, and crunchy Fritos come together with a creamy, tangy dressing to create a dish that's as fun to eat as it is delicious. Perfect for busy weeknights or casual get-togethers, this salad is sure to become a family favorite.

FAQ:

Can I make this salad ahead of time? Yes, you can prepare all the ingredients ahead of time, but wait to add the Fritos and dressing until just before serving to keep the chips crunchy and the salad fresh.

How long can I store leftovers? Store any leftovers in an airtight container in the refrigerator for up to 2 days. Keep the Fritos and dressing separate and add them just before serving again.

See also Apple Pie with Jelly

Can I use a different type of lettuce? Absolutely! Romaine is great for its crunch, but you can use iceberg, mixed greens, or any other lettuce you prefer.

What other beans can I use? Pinto beans or kidney beans work well in this salad if you prefer a different variety.

Is there a lower-calorie dressing option? You can use light sour cream or Greek yogurt in place of regular sour cream for a lighter dressing.