

Gluten-Free Taco Salad

Servings: 4

Prep time: 15 minutes

Cook time: 10 minutes

Ingredients:

- 1 pound ground beef or ground turkey
- 1 packet taco seasoning (gluten-free)
- 1 cup chopped lettuce (romaine or iceberg)
- 1/2 cup chopped tomatoes
- 1/4 cup chopped red onion
- 1/4 cup chopped black olives (optional)
- 1/4 cup chopped cilantro (optional)
- 1/4 cup shredded cheddar cheese (or your preferred cheese)
- 1/4 cup crushed gluten-free tortilla chips
- Optional toppings: salsa, guacamole, sour cream

Directions:

Step 1

Cook Ground Meat: In a skillet over medium heat, cook ground beef or turkey until browned. Drain off any excess grease.

Step 2

Season Meat: Stir in the taco seasoning and cook for 1 minute more, or until heated through.

Step 3

Assemble Salad: In individual bowls, layer lettuce, cooked meat, tomatoes, red onion, black olives (if using), and cilantro (if using).

Step 4

Top with Cheese and Chips: Sprinkle with shredded cheese and crushed tortilla chips.

Step 5

Add Toppings: Serve with desired toppings such as salsa, guacamole, and sour cream.

Tips and Variations

- **Add-ins:** Add other toppings such as diced avocado, chopped bell peppers, or a sprinkle of jalapeños.
- **Spice Level:** Adjust the amount of taco seasoning or add a pinch of red pepper flakes for extra heat.
- **Make-ahead:** Prepare the ground meat and toppings ahead of time. Assemble the salads just before serving.