

Taco Tres (Taco Salad Recipe #3)



Plan Z Phase: This is a Z2 (ZReduction) recipe.

Dieters rave about taco salad. This one is my new favorite. This meal has a creaminess to the sauce and the addition of the newly approved sour cream makes it taste dreamy. I stir my sour cream into the meat mixture so I get a combo of hot meat and cold sour cream. Very satisfying. A novice can make this one.

Serving Size: 1 cup of meat + 1 cup of veggies


Ingredients:

- 2 lbs of ground sirloin
- 1 cup of diced onion (white, yellow or red – your choice)
- 2 tsp of minced garlic (jar garlic will work)
- 2 tsp of ground cumin
- 1 Tbl of chili powder (you choose regular or smoked)
- 6 ounces of red enchilada sauce (from a can in the international section of your grocery store)
- 1 cup of veggies per person. Choose from:
 - Bell peppers chopped (red, yellow, orange, green or even purple)

- Tomatoes, diced
- Celery, diced
- Green onions, diced
- Jalapenos (minced or sliced)
- Or any other approved veggies you like
- Unlimited greens. I use romaine but you can use your favorite or even cabbage.
- Up to 2 Tbl of sour cream. Remember this is part of your dressing allotment for the day.
- Your allotment of Fritos (optional). You can put them on the side, or crumble and put them on top.
- Hot sauce (optional). Some want to add more zip. Without the hot sauce this is a pretty mild dish so those with a fear of heat/spicy will be fine with this.

Instructions:

Spray a medium soup pot or large saute pan with olive oil spray. Put in your meat. Cook on medium high to brown the meat. Break it up along the way so the size of chunks are what you like. Some like it broken up a lot and some like it with some bigger bits. When the meat is half browned, add your onion and cook them together until the meat has no pink in it. While it's cooking you can add your garlic, cumin and chili powder. Season with grated sea salt to your taste. When it's cooked, turn off the heat and stir in your enchilada sauce.

While the meat is cooking you can be dicing up your various  veggies.

You can chop your lettuce to a bite size you like and now you're ready to serve.

If the meat mixture has been sitting too long, heat it back up but don't boil it or the enchilada sauce will sort of separate. Just heat it on medium low and then assemble your salad.

Serving size on ZReduction is one heaping cup of meat mixture.
Veggies one cup and lettuce unlimited.

I find this salad totally filling. The family should love it,
too. Tastes just like a full-flavored taco!

Enjoy!

Cheers,