

JESS' TACO SALAD

(slightly modified from Flying on Jess Fuel)

1/4 cup sour cream
1/4 cup yogurt
1/2 cup salsa
1 Tablespoon grapeseed oil
1 lb ground beef
2 tablespoons taco seasoning mix (I used Penzey's)
1 can black beans, rinsed and drained
1 large head romaine, chopped
4 tomatoes, chopped
1 bunch scallions, chopped
Black kalamata olives, chopped (to taste)
Shredded Mexican blend cheese (to taste)

To make the dressing, combine sour cream, yogurt and salsa in a small bowl. Set aside.

Heat the oil on a skillet and cook the meat for a few minutes. Season with salt (in case your taco seasoning doesn't have salt already), then add either a packet of store-bought taco seasoning or 2 Tbs of a bulk product such as Penzey's. Cook for a couple of minutes, add the amount of water recommended by the mix, and cook further just to thicken it slightly. Add the beans to the pan in the last 2 minutes of cooking. If serving cold, let the meat and bean mixture cool to room temperature. In a large bowl, place half the lettuce, half the tomatoes, half the scallions and half the olives. Top with half the dressing. Top with the meat and bean mixture (you can reserve a little bit for decorating the top, if you want to be fancy). Sprinkle half the cheese on top. Add the rest of the veggies, dressing, and cheese (and meat mix if you reserved some). You can also serve it warm, adding the cold ingredients to the hot meat/beans mixture.