

# TACO SALAD

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## INGREDIENTS

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ground beef or chicken

romaine lettuce

onions

black olives

avocado or guacamole

shredded cheese

tomato

sour cream

salsa or taco sauce

## PROCEDURE

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Cook meat with taco seasoning and drain.

Tear romaine lettuce into bit size pieces.

Chop onions, tomato, and black olives.

Add cheese, sour cream, avocado/guacamole and salsa.