

## Salad

Beef

### Tomato Taco Salad

I included this recipe because it is fast and easy to make. The directions on cutting the tomatoes for the salad are most helpful. You may want to take other salad recipes and serve them over the tomato wedges.

4 medium tomatoes

3 cups torn lettuce

1/2 lb. lean ground beef

1 small onion, chopped

3 Tbs. chili sauce

1/8 tsp. garlic salt

1/8 tsp. cayenne pepper

Dash of pepper

1/4 cup shredded Cheddar cheese

1/3 cup coarsely crushed taco chips

3 Tbs. taco sauce



Remove stem from each tomato. Do not cut the base of the stem out.

Place tomato stem-side-down.

Cut almost through each tomato to form 6 wedges.

Divide lettuce among 4 serving plates.

Top with tomato, separating wedges slightly to form cup shape. Set aside.

Crumble ground beef into 1-quart glass casserole; add onion.

Microwave (high), uncovered, 3 to 3-1/2 minutes or until meat is set, stirring once. Drain.

Stir in chili sauce, garlic salt and peppers. Cover with casserole lid.

Microwave (high) 1 to 2 minutes or until heated through.

Spoon meat mixture into center of each tomato.

Top with cheese, taco chips and taco sauce. If desired, garnish with sliced olives and sour cream.

Yield: 4 servings.

Note: Diced green pepper can be added to the recipe. The ground beef mixture can also be cooked in a pan on top of the stove.

I like to use the tomato wedges to serve my Tuna Salad found in my cookbook with the Potato Salad recipe. The Ham Salad is another recipe you can use to serve with the tomatoes.