**Easy Taco Salad**  
Source: Better Homes and Gardens

 Top this salad with nacho tortilla chips for flavor and crunch.  
   
Recipe Summary  
Total: 15 minutes  
Servings: 2  
 

Ingredients

 4 ounces refrigerated seasoned ground beef (1/2 cup), such as Chi-Chi's® or Lawry’s Taco Seasoning  
3 cups shredded romaine lettuce  
¾ cup chopped tomatoes

½ cup canned no-salt-added black beans, rinsed and drained  
¼ cup shredded reduced-fat cheddar cheese (1 ounce)  
1 0.75 ounce package baked nacho-cheese flavor tortilla chips  
2 tablespoons light sour cream  
1 tablespoon salsa

Directions  
Step 1  
Prepare seasoned beef according to package directions (We actually use Half of the Package). Divide romaine lettuce between two plates or large salad bowls.  
Top with heated seasoned beef. Top with tomatoes, beans, cheese, and chips.  
Serve with sour cream and salsa.  
   
Nutrition Facts  
Per Serving: 235 calories; fat 8g; cholesterol 36mg; saturated fat 4g; carbohydrates 27g; mono fat 1g; poly fat 1g; insoluble fiber 6g; sugars 5g; protein 17g; vitamin a 6802.6IU; vitamin c 25.4mg; thiamin 0.1mg; riboflavin 0.1mg; niacin equivalents 1mg; vitamin b6 0.2mg; folate 108.9mcg; vitamin b12 0.2mcg; sodium 549mg; potassium 544mg; calcium 232.2mg; iron 2.7mg.  
   
[easy taco salad](https://www.bhg.com/recipe/easy-taco-salad/?did=644014-20210614&cmp=bhgdailyrecipe_061421&utm_campaign=bhg-daily-recipe_newsletter&utm_source=bhg.com&utm_medium=email&utm_content=061421&cid=644014&mid=59851286339)