



Taco Salad Protein Recipe

Prep Time: None

Cooking Time: 45 Minutes

Serves: 5

Ingredients:

1. 1 lb of Ground Beef or your protein of choice
2. ¼ cup taco seasoning
3. 1 teaspoon, plus one pinch of salt

Method:

1. Oil pan and add protein. Cook on low, stir often.
2. When the protein is cooked pour off any fat, and then mix with seasoning and salt.
3. Set to warm in the oven while preparing your other taco salad ingredients!
4. Combine your protein with the rest of your taco salad ingredients!

Suggestions from camp for items to include in your taco salad:

- Guacamole
- Tortilla Chips
- Black Beans
- Rice
- Lettuce
- Tomatoes
- Cheese
- Sour Cream
- Anything you can think of!



For more activities visit campaugusta.org

