

Taco Tomatoes

/ Taco Avocado

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 Approved by the Delish Test Kitchen

YIELDS:	PREP TIME:	COOK TIME:	TOTAL TIME:	CAL/SERV:
4 SERVING(S)	5 MINS	20 MINS	25 MINS	403

Ingredients

- ☐ 1 Tbsp. extra-virgin olive oil
- ☐ 3/4 lb. ground beef
- ☐ 1 medium onion, chopped
- ☐ 1 (1-oz.) packet taco seasoning
- ☐ 4 large, ripe beefsteak tomatoes
- ☐ 1/2 cup shredded Mexican cheese blend
- ☐ 1/2 cup shredded iceberg lettuce

Directions

Step 1

In a large skillet over medium heat, heat oil. Add onion and cook, stirring, until soft, 5 minutes. Add ground beef and taco seasoning. Cook, breaking up meat with a wooden spoon, until no longer pink, 8 minutes. Drain fat.

Step 2

Flip over tomatoes so they're stem-side down and slice to make 6 wedges. being careful not to cut all the way through. Carefully spread



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Easy Taco Salad Cups

Skip the forks in favor of your fingers with a party-friendly recipe for Easy Taco Salad Cups.

★★★★★ 4.99 from 59 votes

PREP TIME	COOK TIME	TOTAL TIME
10 mins	20 mins	30 mins

SERVINGS
12 cups

Ingredients

- | | |
|---|---|
| ☐ 12 wonton wrappers | ☐ 1/2 cup shredded Mexican cheese blend |
| ☐ Cooking spray | ☐ 1 cup finely shredded iceberg or romaine lettuce |
| ☐ 2 teaspoons vegetable oil | ☐ 1/2 cup homemade or store-bought guacamole |
| ☐ 1/2 cup ground beef or turkey | ☐ 1/2 cup homemade or store-bought salsa |
| ☐ 1 teaspoon <u>taco seasoning</u> | ☐ 1/4 cup sour cream |

Instructions

1. Preheat the oven to 350°F.
2. Arrange the wonton wrappers in a 12-cup muffin pan then spray them lightly with cooking spray.
3. Bake the wonton cups for 5 minutes then remove them from the oven and set them aside.
4. Add the vegetable oil to a medium sauté pan set over medium-low heat. Add the ground meat and cook it, breaking it apart with a spatula, until it is browned and cooked through. Add the taco seasoning and stir to combine then remove the pan from the heat.
5. Assemble the taco cups by diving the ground meat evenly among the wonton cups. Top the ground beef with the shredded cheese, shredded lettuce, and a dollop of guacamole, salsa and sour cream then serve.

Notes

- **Ground beef:** After recently re-testing this recipe I've increased the amount from 1/3 cup to 1/2 cup for a more generous fill.
- **Muffin pan:** Use a standard 12-cup muffin pan.
- **Make ahead:** Bake the wonton cups up to 24 hours in advance and store in an airtight container at room temperature. Cook the taco meat and prep your toppings up to 24 hours ahead, and refrigerate separately in airtight containers. Assemble right before serving for the crispiest result.

Cold Taco Pasta Salad

Mexican flavors come together in this **Taco Pasta Salad** with Catalina dressing! It's a great main dish to add to your weeknight dinner rotation, of your can take it to a potluck as a side dish.

Prep Time	Cook Time	Chill Time	Total Time
15 mins	15 mins	2 hrs	2 hrs 30 mins



Makes 6 servings Recipe from: [Deanne Frieders](#) | [This Farm Girl Cooks](#)

Ingredients

- 16 ounces rotini pasta (8) ~~16oz~~
- 1 pound lean ground beef
- 1 ounce packet taco seasoning
- 1 cup cherry tomatoes halved
- Half of a green bell pepper diced
- Half of a red bell pepper diced
- 4 green onions chopped green parts only
- 1 15 ounce can sweet corn, drained
- 1 15 ounce can light red kidney beans, drained and rinsed
- 1 ½ cups Catalina dressing
- Tortilla strips for garnishing

Instructions

1. Bring a large pot of water to boil. Salt the water if you prefer and cook the pasta according to the package directions. *Don't overcook it, we want it to be al dente or still have a little bite so it holds up with all the ingredients.
2. Drain the cooked pasta and rinse with cold water. Tip: spread it on a rimmed baking sheet to cool faster.
3. Heat a large skillet over medium high heat and cook the ground beef until no longer pink, crumbling as it cooks. Drain the grease if needed.

4. Add your taco seasoning and a few tablespoons of water, just like making tacos. Cook on medium for 5 minutes until combined.
5. Remove from heat and set aside to cool.
6. In a large bowl combine the cooled noodles, cooled ground beef, tomatoes, peppers, green onions, corn and beans.
7. Add your dressing and toss together gently until all combined.
8. Cover and place in fridge to chill for at least 2 hours. Before serving top with tortilla strips.

Farm Girl Tips

To make ahead of time, make as directed but don't top with tortilla strips. Add the chips before serving.

It's easy to make your own homemade taco seasoning, too!

Nutrition (30)

Serving: 1g | Calories: 570kcal | Carbohydrates: 60g | Protein: 31g | Fat: 23g | Saturated Fat: 7g | Polyunsaturated Fat: 13g | Trans Fat: 4g | Cholesterol: 67mg | Sodium: 1203mg | Fiber: 6g | Sugar: 22g

