

**Sonjia's Taco Salad:** This is a salad I learned to make from my mother in law, Sonjia, when Dusty and I were first married. It is one of Dusty's favorite meals. This salad is really fresh and has a California feel to it. Sonjia is a Cali girl, so it makes sense. Delicious!! Enjoy!!

**Alpine Ranch Co-op Grass-fed Beef:**

1. Add a Tablespoon of olive oil and heat your skillet on medium. Add your ground beef and season it generously with salt and pepper. Cook for about 10 minutes until all the ground beef is browned.
2. Wash all your veggies. You will not need all your lettuce for this meal, so you can save some for another salad this week.
3. Slice your onions thinly (2 onions for a small meal kit and 4 onions for the large. You will use the rest for your Shrimp Scampi Recipe). Cut your avocado into slices. Cut your tomatoes in half. Chop your lettuce into nice chunks.

**Plate**

You can put all the items into separate bowls and let people make their own salad or you can plate the salad for them.

This is how I like to layer it:

First lettuce

Then ground beef

Next beans

Then Cheese

Next crumble up some tortilla shells and sprinkle them around.

Then Avocado

Next Tomatoes and green onions

Lastly, drizzle a couple tablespoons of dressing over the top.

Dressing Ingredients: Sour Cream and Salsa

ENJOY!!!!