

Beef

Southwest Salad

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Servings: 4

Preparation Time: 25 minutes

Cook time: 8 minutes

You can substitute turkey, chicken or meat loaf mixture for the ground beef in this recipe.

1 pound ground beef
2 teaspoons chili powder
1 teaspoon garlic powder
1 can red kidney beans, drained and rinsed
1/4 cup chipotle mayo
1/4 cup milk
2 tablespoons lime juice
1 teaspoon sugar
1 head green leaf lettuce, trimmed, rinsed and torn into bite-size pieces
1/2 sweet red pepper, cored and cut into thin strips
1/2 sweet green pepper, cored and cut into thin strips
1 cup cherry tomatoes, halved
1/3 cup Cheddar cheese, shredded
1 cup tortilla strips

Cook the beef in a large nonstick skillet over medium heat for 5 minutes, breaking apart with a wooden spoon. Drain off the excess fat.

Add the chili and garlic powders and cook for 1 minute.

Stir in the beans. Heat through, about 2 minutes.

In a small bowl, whisk the mayo, milk, lime juice and sugar. Set aside.

In a large bowl, toss the lettuce, pepper strips and cherry tomatoes with the dressing.

Top with the beef mixture, cheddar cheese and tortilla strips.

Per Serving (excluding unknown items): 600 Calories; 35g Fat (51.9% calories from fat); 34g Protein; 38g Carbohydrate; 10g Dietary Fiber; 108mg Cholesterol; 177mg Sodium. Exchanges: 2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 5 Fat; 0 Other Carbohydrates.