Vegetarian Taco Salad

Yummy Vegetarian Taco Salad



Taco salad is a Americanized Mexican food with a awesome snack appeal and can be had for breakfast, lunch or dinner. Its a healthy and tasty snack filled with tons of fiber and fresh veggies we all need. Its one of my favorite snack and is really very easy and fast to fix.

Ingredients

1 Cup or 1 Can of Boiled Refried Beans
2-3 Tbsp of Sharp Cheddar cheese
Bowl of corn chips
1 Big chopped Onion
1 Tbsp of Pickled Jalapenos
2 Tbsp of Taco Sauce

1 Big Chopped Tomato
1 Serrano Chilly or Green Chilly
Handful of Cilantro/ Coriander Leaves,
1 Tbsp of Lemon Juice
A Dash of Salt

Method



Boiled Pinto Beans



A Pan with Oil and Pintobean Paste

Make Frijoles refritos (Refried Beans)

- Make a coarse paste of boiled pinto beans in a blender and keep it aside.
- Heat oil in pan and fry the pinto bean paste until it gets thick.
- Onion and Dry chilies can be added for flavor in hot oil before you add the bean paste.
- I add chipotles in adobo sauce for a smoky and spicy taste .

Make pico de gallo (mexican salsa)



Mexican Salsa

To a big bowl add one cup finely chopped onions, handful of chopped tomotoes, one jalapeno or serrano or any green chili (chopped finely), finely chopped cilantro leaves, table spoon of lemon juice and a good dash of sea salt.

Assembling



Asssembling the Taco Salad in Bowl

To a big microwable plate make a

- Bed of refried beans and add sharp cheddar cheese and Pickled Jalapenos.
- Microwave / Bake it for 1-2 minutes for cheese to melt.
- Add Pico de gallo (Mexican Salsa), Corn Chips, shredded ice berg/Roma lettuce, table spoon of guacamole, a dollop of sour cream and good spicy salsa . Now we call that good eats

Note

I was out of guacamole , sour cream and lettuce and

hence did not add them ..But it still satisfied my taste buds crying for some freshn tasty snack …



Taco Salad

Health Benefits Of Pinto Beans

- Pinto beans, like most of the other beans, are rich in fibers that are known for lowering cholesterol.
- This beans are rich in molybdenum, folate, manganese, protein, vitamin B1 and minerals like iron, magnesium, potassium, phosphorous and copper, which are highly beneficial to health.

