

Taco Salad with homemade Tortilla Bowls

Here is a super fun meal you can prepare with your family. Kids or no kids, there is nothing more fun than being able to “make your dinner bowl” and then being able to “eat your dinner bowl”. Oh and we ALWAYS use Doritos® in Taco Salad - even with the tortilla bowl acting as the “crunch” in this recipe. No Taco Salad recipe is complete without them ;) Enjoy making this with your family!
Yields: 4 servings

INGREDIENTS

For the TORTILLA BOWLS

- 4 oven safe bowls (we used glass ramekins)
- Cooking Oil
- 4 large Flour Tortillas

For the TACO SALAD

- 1 lb Lean Ground Beef
- Taco Seasoning
- Yellow Onion - chopped fine
- Lettuce
- Black Beans (rinsed)
- Shredded Cheese
- Avocado
- Doritos®
- Sour Cream
- Salsa

DIRECTIONS for making TORTILLA BOWLS *(video tutorial available on our Instagram Story / Highlights)*

1. Preheat oven to 375.
2. Place oven safe bowls (ramekins) on baking sheet - upside down.
3. Brush the Flour Tortillas with cooking oil - both sides.
4. Lay the Flour Tortillas over top of the ramekins and lightly shape them around the bowl. Take a double ply of aluminum foil and shape it around the tortillas to shape into a “bowl”. Press the foil firmly, leaving the flour tortilla to stick up just above the foil (we want those edges to get brown).
5. Once foil is in place, flip the tortillas over and place them upright on the baking sheet.
6. Bake in oven for 5 mins.



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7. Remove from the oven and use tongs to carefully remove the glass bowl from the tortilla shells.
8. Return the pan back to oven and bake for another 5 mins (we are now crisping the inside of the bowls)
9. Remove from the oven and carefully remove the tortilla shells from the foil pockets. Flatten the foil and place the tortilla bowls upside down on the foil. Crimp the edges of foil up around the tortilla bowl "tops" so you can protect them getting too crispy.
10. Return to the oven and bake another 8 mins (we are now crisping the bottom and sides)
11. Remove from the oven. One last step - Turn the tortilla bowls upright on the foil and place them back into the oven for 3-4 mins. Watch them as they will get crispy quickly!
12. Remove from the oven and let them cool COMPLETELY. They will not come to their full crispiness until they are completely cooled. Set aside and prepare taco filling.

FOR THE TACO FILLING

1. Brown the Ground Beef and Chopped Onion in non-stick fry pan until no longer pink.
2. Add package of Taco Seasoning - follow instructions on package for how much water to add.
3. Combine and let simmer for several minutes.

ASSEMBLE YOUR TACOS

1. Take your cooled, TOTALLY AMAZING, Tortilla Bowls and begin to build your taco salad bowls.
2. Here is what we did:
 - Layer of shredded cheese
 - Layer of shredded Lettuce
 - Layer of crushed Doritos®
 - Layer of Ground Beef mixture
 - Layer of Black Beans
 - Layer of shredded Lettuce
 - Layer of Ground Beef mixture
 - Top with:
 - More Crushed Doritos®
 - Sliced Avocado
 - Sour Cream
 - Salsa

And that's it...you're ready to enjoy your HOMEMADE CRISPY TORTILLA BOWL TACO SALAD! Don't forget to clean up your dishes!!! (that means EAT YOUR BOWL)

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