

Seven-Layer Taco Salad - A Party Favorite with Bold Tex-Mex Flavor

Few dishes have the crowd-pleasing power of a



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30 min

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INGREDIENTS

1 can of refried beans or 1 lb ground beef, cooked and seasoned

1 cup sour cream

1 cup salsa

1 cup shredded cheddar cheese

1 cup shredded lettuce

$\frac{1}{2}$ cup diced tomatoes

$\frac{1}{2}$ cup sliced black olives

... cup chopped green onions

$\frac{1}{2}$ tsp ground cumin

$\frac{1}{2}$ tsp garlic powder

Salt and black pepper, to taste

Tortilla chips, for serving

Step-by-Step Directions:

1 Season the Sour Cream:

2 Choose Your Base:

For a vegetarian version: Use refried beans and spread evenly in a 9x13-inch dish.

For a meaty version: Use cooked, seasoned ground beef (drained of excess fat).

3 Assemble the Layers:

Layer 1: Refried beans or seasoned beef

Layer 2: Spiced sour cream

Layer 3: Salsa

Layer 4: Shredded cheddar cheese

Layer 5: Shredded lettuce

Layer 6: Diced tomatoes

Layer 7: Black olives and green onions

4 Chill & Serve:

Tips for Success:

Use a clear dish if possible to show off the layers-it makes for a stunning presentation.

Let it chill before serving for optimal flavor.

Use freshly shredded cheese for better melt and texture.

Want more heat? Add sliced jalapeños or a drizzle of hot sauce on top.

Variations & Add-Ons:

Add guacamole or diced avocado between the salsa and cheese layers.

Swap in Greek yogurt for a lighter take on sour cream.

Use black beans or pinto beans instead of refried.

DIRECTIONS

1. Season the Sour Cream: In a bowl, mix the sour cream with cumin, garlic powder, salt, and black pepper. Set aside.
2. Choose Your Base: For a vegetarian version: Use refried beans and spread evenly in a 9x13-inch dish.
3. For a meaty version: Use cooked, seasoned ground beef (drained of excess fat).
4. Assemble the Layers: Layer 1: Refried beans or seasoned beef
5. Layer 2: Spiced sour cream
6. Layer 3: Salsa
7. Layer 4: Shredded cheddar cheese
8. Layer 5: Shredded lettuce
9. Layer 6: Diced tomatoes
10. Layer 7: Black olives and green onions
11. Chill & Serve: Cover and chill for at least 30 minutes to let the flavors meld. Serve cold with tortilla chips on the side or around the edges.
12. Tips for Success: Use a clear dish if possible to show off the layers-it makes for a stunning presentation.
13. Let it chill before serving for optimal flavor.
14. Use freshly shredded cheese for better melt and texture.
15. Want more heat? Add sliced jalapeños or a drizzle of hot sauce on top.
16. Variations & Add-Ons: Add guacamole or diced avocado between the salsa and cheese layers.
17. Swap in : Greek yogurt for a lighter take on sour cream.

18. Use black beans or pinto beans instead of refried.
19. Drizzle with lime crema or chipotle ranch for an extra punch.
20. What to Serve With It: This Seven-Layer Salad is great on its own, but pair it with:
21. Walking : Taco Bar - another customizable Tex-Mex favorite
22. Dorito : Casserole - bold, cheesy, and totally nostalgic
23. Totchos - a tater tot twist on nachos
24. Crockpot : Nacho Dip - cheesy, melty perfection
25. Chicken : Enchiladas - for a full Tex-Mex spread

TIPS FOR SUCCESS

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Use freshly shredded cheese for better melt and texture.

Add sliced jalapeños or a drizzle of hot sauce on top.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/seven-layer-taco-salad-a-party-favorite-with-bold-tex-mex-flavor/>