

Doritos Taco Salad with Catalina: A Burst of Flavor and Crunch

To create this quintessential Doritos Taco Salad, here's what you'll need:



TIME

8-10 min

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ChefManiac

INGREDIENTS

For the Seasoned Ground Beef: 1 pound lean ground beef (or ground turkey/chicken for a lighter option) 1 medium yellow onion, finely diced 1 (1.25-ounce) packet taco seasoning mix (or 2 tablespoons homemade taco seasoning) 1/4 cup water:

DIRECTIONS

1. instructions, or homemade for up to 1 week.
2. Doritos: Keep sealed at room temperature.
3. Reheating : Meat:
4. If desired, the seasoned ground beef can be gently reheated before adding to a fresh batch of salad ingredients.
5. Avoid : Storing Mixed Salad:
6. Once the : Doritos and dressing are added, the salad will become soggy relatively quickly. It's truly a "serve immediately" dish.

SWAPS & NOTES

Ground Meat: Lean ground beef is traditional, but ground turkey or chicken can be used for a lighter version.

Taco Seasoning: A store-bought packet is convenient, but you can easily make your own.

A typical homemade blend includes chili powder, cumin, paprika, garlic powder, onion powder, oregano, and a pinch of cayenne.

Beans: Kidney beans are classic, but black beans work equally well and add a slightly different flavor profile.

TIPS FOR SUCCESS

Cool the Meat: Allowing the seasoned ground beef to cool slightly before adding it to the salad prevents wilting of the lettuce and other fresh ingredients, maintaining a crisp texture.

Add Doritos and Dressing Just Before Serving: This is the most crucial tip!

Adding the Doritos and dressing too early will make the chips soggy and the salad watery.

Wait until right before you're ready to serve.

