

Beef Confetti Taco Salad

# VIRTUAL COOKING DEMO CHEAT SHEET

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## **Liz Weiss, MS, RDN: Virtual Cooking Demo CHEAT SHEET**

### **Beef Confetti Taco Salad**

Serves 4

**Recipe Source: Beef, It's What's For Dinner**

#### **Prep Notes:**

- Get ground beef cooking FIRST b/c it takes @ 8 minutes
- Show participants how to dice the bell pepper
- Show how to quick pickle the red onion
- Show how to repurpose into container or Mason jar salads

#### **Nutrition Information:**

221 calories; 3.2g Saturated Fat; 30.9g Protein; 3.9mg Iron; 6.5mg Zinc

#### **Talking Points:**

During COVID when many families are at home and cooking all the time, try my new motto: Cook Once, Dine Twice!

Leftovers can be turned into lunch the next day for parents working from home or kids going to school or attending school virtually. Place leftovers in individual Mason jars or containers so everyone can grab a salad the next day.

Set up a build-your-own dinner for tacos, Buddha bowls, pizzas, salads!

One 3 oz. serving of lean beef has 10 essential nutrients in just about 170 calories. One of those nutrients being Zinc, which helps the body make proteins and heal wounds and which supports a healthy, functioning immune system. Since Zinc cannot be stored in the body for use later you need to consume it daily. Beef is an excellence source of Zinc in a bioavailable form that your body is ready to use.

Lean ground beef is versatile. It's a natural in this Taco Tuesday recipe, but it can also be used in traditional tacos, meatballs, meatloaf, burgers, grain bowls, chile, Shephard's pie, and Italian wedding soup. Ask participants to type their favorite lean ground beef recipe into the Chat.

Did you know that more than 38 cuts of beef meet the USDA guidelines for lean? To be lean, a 3-ounce serving of cooked beef must have less than 8.5 grams of total fat, 3.8 grams or less of saturated fat and less than 80mg cholesterol. Look for words like **Round or Lean** in the name when choosing lean cuts.

Tell story about eating Nana's burgers for "school lunch" when you were a kid and how you'll never forget that flavor!

**Ingredients:**

1 pound Ground Beef (96% lean)  
2/3 cup salsa  
½ cup low-fat pre-shredded Cheddar cheese  
1 medium tomato, chopped (about 1 cup)  
8 cups mixed salad greens  
½ cup diced yellow or orange bell pepper  
¼ cup thinly sliced red onion

**Optional Toppings:**

One 2.25-ounce can sliced black olives, drained  
Diced Avocado  
Your favorite salad dressing  
Lime wedges for garnish

**Instructions:**

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, cook 8-10 minutes, breaking into ¾-inch crumbles and stirring occasionally. Pour off drippings. Stir in salsa; cook 2 minutes. Remove skillet from heat; keep warm.
2. Line 4 plates or bowls with salad greens. Divide beef mixture among 4 plates. Top beef with cheese, tomato, pepper and onion. Garnish with optional ingredients, as desired.