

Taco Salad

2 cans Dark Red Kidney Beans, drained

1/3 c chopped onion

8 oz shredded cheddar cheese (I use Daiya vegan)

1 ½ c chopped tomatoes

5 c chopped Romaine lettuce

Mix above ingredients. Add one 10 – 12 oz bag corn chips, broken into bite size pieces and mix again. Just before serving, add sauce and mix thoroughly.

Change quantities of each item to suit your taste. All amts. are approximate.

Sauce: Mix

¾ c sour cream (vegan Better Than Sour Cream works well)

½ c Med. Ortega Taco Sauce

(Sauce should taste like an even balance between sour cream & the taco sauce, neither one tasting stronger than the other)