

Mexican Salad

Submitted By Virginia Easley



Ingredients:

- 1/2 cup chopped onion
- 1 (16 ounce) can kidney beans or vegetarian chili with beans
- 1 tablespoon chili powder
- 1 cup water
- 1/2 c French dressing
- 4 cups shredded lettuce
- 1/2 cup green chopped onions
- 1 chopped ripe tomato
- 2 cups shredded cheese

Instructions:

Sauté onion in small amount of oil until tender. Add vegetarian burger (Morning Star products are excellent and can be purchased at most grocery stores.) and sauté a few minutes longer. Stir in beans, French dressing, water and chili powder. Simmer uncovered for 15 minutes. Serve over shredded lettuce, onion, and tomatoes. Top each serving with cheese or cheese substitute. Good with a side dish or tortillas or Doritos or chips of your choice.