



Lunch, Serves 4-6


Southwest Salad

Winding Waters guides have eaten their weight and then some in taco salad over the years, so we decided to switch things up by changing the name.

Southwest salad isn't exactly a revolutionary lunch item ... or is it? We get many comments that this is an unexpected and delightful meal choice for the outdoors.

It's easy to put together, easy to clean up and has the added bonus of being very vegetarian friendly by setting the carne off to the side.

Include tortillas if you want to make wraps, or go the straight salad route on plates. Somehow both light and filling – this is a champion among summertime lunches.

MAIN SALAD		ON THE SIDE	
1	Head Romaine Lettuce	Tortillas	
1 LB	Ground Beef (pre-cooked & seasoned (optional))	Tortilla Chips	
1 Can	Black Beans (drained)	Sour Cream	
1 Can	Kidney Beans (drained)	Guacamole	
1 Cup	Tomatoes (chopped)	Salsa	
1/2	Red Onion (chopped)	Hot Sauce	
1 Can	Black Olives (sliced)		
1 Can	Mild Green Chiles (diced)		
1 Can	Corn (drained)		

The Doing of the Thing

Hardware: At least one really big serving bowl or a several pretty big serving bowls. For big groups the salad starts to expand real quick. Additional large bowl is also nice to have for the tortilla chips. Small bowls for salsa, sour cream and guac.

Preparation: Chop up the lettuce then throw everything else in and mix it around. There's really no way to make this sound complicated. One little variation is to pour a little salsa in with everything else before tossing. Kind of nice.

PRO-TIP: Crunch up a few handfuls of tortilla chips and disperse those over the salad, crouton-like. Bringing a little crunch is always good.

Versatility: If there are strong opinions about one or more of the ingredients, you can always just lay all the components out and let everyone build their own, salad bar-style. You do need more table space for this approach, but some folks really appreciate it.