



Too hot to cook? I know, huh? It is summertime alright! Here's a solution! OK, OK, there is a step that requires cooking but after you are done with it everything else is raw and fresh! That step would be the meat, of course!

Here is what you are going to need for this salad:

3/4 pound ground beef, browned and drained

5 Roma tomatoes, finely chopped

2 small yellow onions, minced

2 garlic cloves, minced

1 large jalapeno pepper, seeded and finely chopped

1 cup chopped fresh cilantro

1 tablespoon cumin

1 teaspoon coriander

1 head iceberg lettuce, finely chopped

1- 15oz. can black beans, drained and rinsed

3/4 cup crumbled fresh white cheese (queso fresco, Cotija, Panela, Feta)

1 cup crumbled Doritos nacho cheese (more to serve on the side)

Olive oil

Salt & Pepper

FOR THE DRESSING:

1/4 cup canola oil

1 lime, juiced



1 teaspoon honey

1 teaspoon cumin

Salt & Pepper

Coat the bottom of a skillet with some olive oil. Heat and add half of the minced onion. Cook, stirring occasionally, until onion starts to brown, about 7 to 8 minutes. Add the garlic and cook for 1 to 2 minutes. Add the browned beef, cumin and coriander. Mix well. Add half of the tomatoes, half the jalapeno pepper and half of the cilantro, mix well, and cook for an additional 15 minutes. Season with salt and pepper. Remove from heat and cool down completely.

In a bowl mix together the black beans, remaining minced onion, remaining tomatoes, remaining jalapeno and remaining cilantro. Season with salt and pepper and mix well.

Whisk together the oil, lime juice and honey. Add the cumin and season with salt and pepper.

In a large bowl, mix together the lettuce and the bean mixture. Add the cheese, the cold meat and the crushed Doritos. Drizzle the dressing on the salad and toss well. Serve with extra Doritos on the side.

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