

M's Turkey Taco Salad

Beth's friend M works at a progressive graphics design firm and every so often M makes this taco salad for lunch for her co-workers. In return, the eaters pay a few dollars, which is donated to their charity of choice that week. Beth was invited one day and was able to partake of M's famous salad, so delicious that not a plate was not picked clean. The slow cooker makes delicious hot taco meat. M uses vine-ripened tomatoes, either salad or Romas, and a thick commercial jarred salsa, like Pace Picante. She likes to use a medium hotness for cooking, but mild for serving as a topping. If you're in a "hurry" you can cook the meat fresh on high for about 1 1/2 to 2 hours. Serve with warm buttered flour tortillas.

Cooker: Medium Round

Machine Setting and Cook Time: Low Heat: 4 to 6 hours

Serves 6

Meat Sauce

1.25 pounds fresh ground raw dark turkey meat
1 16-ounce jar tomato salsa

Salad

6 cups thick shredded or chopped iceberg or romaine lettuce
3 cups corn chips
1 15-ounce can pinto beans, heated in a saucepan or microwave
6 ounces (1 1/2 cups) shredded Cheddar cheese
2 medium ripe tomatoes, coarsely chopped
1/2 pint cold sour cream, stirred
1 medium firm-ripe avocado, pitted, peeled, and sliced right before serving
1 4-ounce can sliced black olives
1 16-ounce jar tomato salsa

Spray the cooker with nonstick vegetable cooking spray. Place the ground turkey and whole jar of salsa in the cooker. Cover and cook on LOW for 4 to 6 hours, until cooked thoroughly. Stir.

To serve, assemble all the salad components in separate containers. Prepare an individual plate with layers of lettuce, handful of corn chips, hot meat, a spoonful or two of hot pinto beans, shredded cheese, spoonfuls of salsa, some diced tomatoes, sour cream, avocado, and olives.