

## Texas Chef Salad

This recipe was on a Quaker Oats card in Jeanette's recipe stand.

Quantity	Ingredients	Preparation Notes
<b>Meatball Mixture</b>		
1 lb.	Ground Beef	• <b>For Meatballs</b>
2/3 C	Quaker Oats (quick or old fashioned - uncooked)	• Make meatballs first.
1/3 C	Catsup	• Combine meat, oats, catsup, salt, chili powder, and pepper
1 tsp	Salt	• Shape into small balls
1/2 tsp	Chili Powder	• Brown meatballs and onion in shortening.
1/4 tsp	Pepper	• Drain
1 C	Chopped Onion	• Stir in kidney beans
2/3 C	melted shortening	• Cover and let stand 10 min.
1 - 16 oz Can	Kidney Beans well drained	
<b>Salad</b>		
1 head	lettuce cut in chunks	• For Salad
1 C (4oz)	Shredded Cheddar Cheese	• Combine lettuce, cheese, corn chips, tomatoes and avocado.
3 C	Corn Chips crushed	• Reserve several avocado slices ad tomato wedges for garnish.
3	tomatoes - cut in wedges	• Add meatball mixture and dressing
1	peeled and sliced avocado	• Toss lightly
1 C	spicy sweet French Dressing	• Garnish with remaining tomatoes and avocados/