
Taco Parfait

Debby

Servings: 24

Preparation Time: 40 minutes

original recipe from Doris Russell, 2002

Can make ahead a day or so and just add fresh veggies at the last minute. Looks great on a plate with a ring or tortilla chips around it.

1/2 cup onion, chopped
1 tablespoon vegetable oil
1 pound ground round
1 1/2 teaspoons salt
2 cloves garlic, minced
4 ounces green chiles or jalepenos, chopped
2 cups sour cream
1 package taco seasoning mix
1/8 teaspoon hot pepper sauce
16 ounces refried beans
3/4 cup guacamole
1 cup cheddar or monteray jack cheese, shredded
2 medium tomatoes, chopped
1/2 cup scallions or onions, chopped
1/2 medium green or sweet red pepper, chopped
1 small can black olives
1 bag tortilla chips

In large fry pan, cook onion in oil over medium high heat until softened but not browned, 3-5 minutes. Add ground round, salt, and garlic. Cook, stirring to break up lumps of meat, until beef is nicely browned and just cooked through, 7-10 minutes. Using a slotted spoon, transfer mixture to a large bowl and stir in chiles.

In a small bowl, combine sour cream and taco seasoning mix. Stir until well blended. In another bowl, mix hot sauce into refried beans.

Spread beans over bottom of an 8" springform pan or plate. Top with meat mixture, then a layer each of seasoned sour cream and guacamole. Cover with plastic wrap, pressing directly onto surface of guacamole. Refrigerate until well chilled, at least 2 hours or as long as 2 days.

Just before serving, remove plastic wrap and carefully release sides of springform pan. Top taco parfait with cheese, tomatoes, onions, and olives. Serve with a small knife to spread parfait on tortilla chips. Need a serving spoon, too.

Serving Ideas: Rating: 8.5

Appetizers, Beef, Christmas Party

Per Serving (excluding unknown items): 136 Calories; 9g Fat (61.9% calories from fat); 6g Protein; 7g Carbohydrate; 2g Dietary Fiber; 22mg Cholesterol; 350mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.