
Goupas

Mark Cox

The Aroma of Creative Cooking - Washington Senior High School Concert Choir, Sioux Falls, SD - 1987

shredded lettuce
grated cheese
chopped tomatoes
Fritos
1 pound ground beef
1 onion, chopped
1 can chili beans, undrained
1 large can tomato sauce
pinch garlic salt

Place some of the lettuce, grated cheese, tomatoes and Fritos on individual serving dishes.

In a skillet, brown the ground beef and onion. Drain.

Add the chili beans, tomato sauce and garlic salt. Mix well. Simmer for 20 minutes.

Spoon meat sauce over the lettuce mixture on each serving plate.

Serve.

Per Serving (excluding unknown items): 1523 Calories; 121g Fat (71.8% calories from fat); 80g Protein; 27g Carbohydrate; 5g Dietary Fiber; 386mg Cholesterol; 1794mg Sodium. Exchanges: 11 Lean Meat; 4 1/2 Vegetable; 18 Fat.