



QUICK + EASY CHICKEN TACOS WITH SIMPLE GUAC + BLACK BEANS

SERVINGS: 4 | TIME: 25 MINUTES



INGREDIENTS

TACO

- 1 tbsp avocado oil
- 2 lbs organic ground chicken
- 2 tsp chili powder
- 2 tsp paprika
- 2 tsp onion powder
- 2 tsp cumin
- 1 tsp garlic powder
- 1 tsp oregano
- 1 tsp salt
- Splash of water (optional)
- Tortillas of choice

GREENS

- 1 medium red bell pepper, diced
- few handfuls of mixed greens

OPTIONAL TOPPINGS:

- Fresh diced tomatoes
- Cojita Cheese
- Cilantro

- Salsa verde
- Plain Greek yogurt

SIMPLE GUAC

- 1 large ripe avocado
- 1 tbsp red onion, diced
- 1 tbsp chopped cilantro (or more to taste!)
- 1 lime, juiced
- Pinch of sea salt

BLACK BEANS

- 1 tsp avocado oil
- 1 can black beans with liquid
- 1 garlic clove minced
- Pinch of Salt
- Cilantro
- Cojita Cheese (optional)



DIRECTIONS

START

Round up all your ingredients plus equipment. Over medium heat, add avocado oil to a small sauce pan and large skillet or cast-iron pan. As those heat up, mince the garlic and add it to the small sauce pan. Let it soften for 1-2 minutes, being careful not to let it burn. Once garlic has softened, add can of black beans with the liquid plus a pinch of salt to the sauce pan. Reduce heat to med-low and allow to simmer and the liquid to reduce.

In the other pan, add ground chicken to the pan and stir occasionally to break it up. Pro tip: I love using a potato masher to break up ground meat! While the chicken is cooking, in a small bowl combine chili powder, paprika, onion powder, cumin, garlic powder, oregano and salt. Stir it to combine and set aside until chicken is fully cooked.

GUAC

While chicken and beans are cooking, in a small bowl combine the avocado, diced red onion, cilantro, lime juice and salt. Mash the avocado to your desired consistency and set aside.

GREENS

Chop the bell pepper and handful of greens for toppings plus a little side salad.

TO FINISH

Once chicken is cooked through, add the seasoning blend and stir to combine. Optional here is to add a little water to get it mixed well and create a little sauciness. Using tortilla of choice, layer meat, greens and bell pepper, and top with guac and any other fun fixings.

Serve with remaining greens and a side of black beans topped with fresh cilantro and cojita cheese.

