

Chicken Tacos

Yield: 12 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-tacos-recipes>

Ingredients:

- 1/4 cup olive oil
- 2 yellow onions medium, finely diced
- 1 red bell pepper finely diced
- 1 green bell pepper finely diced
- 4 cloves garlic minced
- 2 pounds ground chicken not extra-lean all breast meat
- 1 tablespoon paprika
- 2 teaspoons ancho chili powder
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon dried oregano
- 1/8 teaspoon cayenne pepper
- 1 3/4 teaspoons salt
- 8 ounces tomato sauce 1 cup
- 1/2 cup chopped fresh cilantro
- 12 taco shells hard
- 2 cups shredded lettuce or purple cabbage, optional for topping
- 2 cups shredded mexican cheese blend optional for topping

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 90 milligrams
4. Fat: 22 grams
5. Fiber: 3 grams
6. Protein: 20 grams
7. SaturatedFat: 8 grams
8. Sodium: 800 milligrams
9. Sugar: 5 grams

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