

Mexican Chicken Tacos

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 5 5/8 ounces taco shells box Stand 'N Stuff
- 1 tablespoon olive oil
- 1 small red onion finely chopped
- 3/4 cup taco seasoning sachet
- 3 cups shredded cooked chicken
- 1 2/3 cups kidney beans drained, rinsed
- 1 1/8 cups mild salsa jar chunky tomato
- 1/2 cup water
- 1 1/8 cups Mexican style cheese bags Perfect Italiano™
- 2 vine ripened tomatoes large, chopped
- 1 large avocado mashed
- coriander sprigs Fresh, to garnish, optional
- lime wedges to serve

Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 130 milligrams
4. Fat: 46 grams
5. Fiber: 11 grams
6. Protein: 48 grams
7. SaturatedFat: 15 grams
8. Sodium: 1740 milligrams
9. Sugar: 10 grams

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