

Puffy Taco Shell

Yield: 14 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-mexican-taco-shell-recipe>

Ingredients:

- 3 cups masa corn ,mix
- 1 1/2 teaspoons salt
- 2 1/4 cups warm water
- vegetable oil for frying
- 1/4 cup olive oil
- 2 1/2 pounds bone-in, skin-on chicken thighs
- kosher salt
- freshly ground black pepper to taste
- 6 cloves garlic finely chopped
- 1 yellow onion medium, finely chopped
- 1 rib celery finely chopped
- 1 small carrot finely chopped
- 1 red bell pepper small, finely chopped
- 3 cups chicken stock
- 14 ounces whole peeled tomatoes 1 can ,in juice, crushed by hand
- 2 avocados pitted, peeled, and mashed
- 2 cloves garlic minced
- 1 lime Juice of
- canola oil for frying
- 3 cups masa harina
- 1 1/2 tablespoons unsalted butter softened
- iceberg lettuce Shredded, optional
- diced tomato optional
- shredded cheddar cheese optional

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 75 milligrams

4. Fat: 27 grams
5. Fiber: 8 grams
6. Protein: 22 grams
7. SaturatedFat: 6 grams
8. Sodium: 500 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Puffy Taco Shell above. You can see more 15 authentic mexican taco shell recipe Unlock flavor sensations! to get more great cooking ideas.