



Crispy Chipotle Tacos



prep time
15 minutes



total time
40 minutes



servings
12
tacos

Ingredients

- 1 pound/450 grams ground chicken, beef, or turkey ~ 12.5 protein servings
- 12 small corn tortillas (hard or soft) ~ 12 carb servings
- 1 yellow onion, chopped ~ 2 veggie servings
- 1 cup shredded cheese ~4 protein servings 1.5 fat servings
- 2 tablespoons extra virgin olive oil ~ 2 fat servings
- 2-3 teaspoons chipotle chili powder, use to your taste
- 2 teaspoons smoked paprika
- 1 1/2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 1/4-1/2 teaspoon crushed red pepper, use to your taste
- 1/2 teaspoon dried oregano
- 1 teaspoon kosher salt

Cilantro Lime Ranch

- 1 cup plain Greek yogurt ~ 3 protein servings
- 3/4 cup fresh cilantro, finely chopped ~ 1 veggie serving
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 cup pickled jalapeños, chopped + 2 tablespoons brine
- juice from 2 limes
- 1 teaspoon kosher salt

Instructions

- 1 Preheat the oven to 425 degrees F.
- 2 In a large skillet, heat the olive oil over high heat. When the oil is hot, add the ground chicken and onion. Cook, breaking up the meat, until the chicken is browned, about 5 minutes. Add and mix in all seasonings. Add 3/4 cup water. Reduce the heat to medium and simmer until the sauce has thickened slightly around the chicken, about 10 minutes. Remove from the heat and stir in 1/4 cup cilantro.
- 3 Place tortillas on a baking sheet, rub the tortillas with olive oil. Place in the oven for 3-5 minutes each side - avoid letting them get too crispy.
- 4 Remove from the oven and then fill with chicken and top with cheese. Fold the other half of the tortilla over the filling, gently pushing to adhere. Transfer to the oven and bake for 5-8 minutes, then flip and cook another 5 minutes more, when the tortillas are crisp.



- 5 To prepare the ranch, combine all ingredients in a glass jar and shake or stir until creamy.
- 6 Serve the tacos topped with ranch, and any other toppings of your choosing.

Whole Recipe Breakdown:
19.5 Servings Protein
12 Servings Carb
3.5 Servings Fat
3 Servings Veggies