

Smoky Southwest Tacos with Ben's Original™ 10 Medley
RECIPE

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TIME

17-20 mins

INGREDIENTS

14 items

MAKES

3 servings

Everyone loves taco night! Created in partnership with Chef Shenarri Freeman, this wholesome and delicious version is packed with nutritious plants and allows you to enjoy tacos even more often and still feel taco-rrific.

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INGREDIENTS

TACOS

- 1 Tbsp. olive oil

- 6 oz. chicken thighs, boneless and skinless, cut into 1" cubes. For a vegetarian version substitute 8 oz. portobello mushrooms, medium chop
- 1/8 tsp. salt
- 1 Tbsp. cumin
- 6 small corn tortillas
- 1 cup purple cabbage, shredded
- 1 pouch Ben's Original™ 10 Medley Smoky Southwest, cooked in microwave
- 1 cup prepared tomato salsa
- Fresh cilantro, for garnish

AVOCADO CREMA

- 1 ripe avocado
- 1/4 cup cilantro, washed
- 1 Tbsp. olive oil
- 1/2 tsp. brown rice vinegar*
- 1/8 tsp. salt
- 1/8 tsp. black pepper
- *You can substitute apple cider vinegar for brown rice vinegar.

INSTRUCTIONS

- 1
To prepare avocado crema, add all ingredients together in a food processor, blend until smooth and set aside.
- 2
In a medium pan, heat oil on medium heat and add chicken (if using; if not, substitute mushrooms), salt and cumin. Sauté for 7 minutes or until cooked through. Remove from heat and set aside.
- 3
Heat Ben's Original™ 10 Medley Smoky Southwest according to pack instructions.
- 4
Assemble taco with tortilla, cabbage, chicken or mushrooms and Ben's Original™ 10 Medley Smoky Southwest. Garnish with salsa, cilantro and avocado crema.

NUTRITION

- CALORIES: 580
- TOTAL FAT: 29g - 37%
- SATURATED FAT: 2g - 10%
- TRANS FAT: 0g
- SODIUM: 520mg - 23%
- TOTAL CARBOHYDRATES: 60g - 22%
- DIETARY FIBER: 26%
- TOTAL SUGARS: 5g
- PROTEIN: 23g

Categories:

[Chicken](#), [Easy](#), [Family-friendly](#), [Healthy Options](#)

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Cooking time

20 min

Ingredients

7 items

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[Tomato Cucumber Salad with Ben’s Original™ 10 Medley](#)

Cooking time

20 min

Ingredients

9 items

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[Caribbean Style Wrap with Ben’s Original™ 10 Medley](#)

Cooking time

20

Ingredients

10 items

[SEE DETAILS](#)

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