

# THE ULTIMATE TACO RECIPES



**How to Make Taco Tuesdays  
More Fun with Your Taco Holders**



## Introduction

All recipes on this eBook have been tried and tested by the Kitchenatics team. We stayed true to our motto to "*Make cooking easier!*" and came up with these recipes to help you come up with your menu and meal plans.

Please visit [www.kitchenatics.com](http://www.kitchenatics.com) for more recipes. You can also send your suggestions for recipes.

Enjoy making delicious tacos without the mess for a fun-filled Taco Tuesday or every day!



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## **Section 1: Going Chicken!**

Tacos with grilled chicken are an excellent and wholesome meal, whether you are going to enjoy it alone or share with friends.

This section presents how you can use chicken to make delicious tacos.

Grab your [stainless steel taco holders](#) and get ready for Taco Tuesday!

# Grilled Chicken Tacos

## Ingredients List

- ❖ ½ kg chicken thighs, skinned and deboned
- ❖ 1 medium onion, peeled and cut into large wedges with the root left intact
- ❖ 2 garlic cloves, finely chopped
- ❖ 1 tablespoon cumin seeds (crushed coarsely)
- ❖ 1 tablespoon vegetable oil
- ❖ 1 teaspoon salt
- ❖ ½ teaspoon black pepper (ground fresh)
- ❖ 8 tortillas (corn flavour and warmed)



## Step by Step

1. Set the grill at medium-high heat. In a medium bowl, toss chicken, onions, garlic, cumin, salt, pepper and oil. Grill the onion and chicken for four minutes on each side or until it is lightly charred and cooked throughout.
2. Allow the chicken to cool for a few minutes before cutting it to serve with sliced avocados, Charred Tomatillo Salsa Verde, Cilantro sprigs, lime wedges and sliced radishes.

# Soft Chicken Tacos

Serves 5

Prep Time: 15 minutes

## Ingredients List

- ❖ 1/2kg boneless chicken (cut into thin strips)
- ❖ 1 cup Salsa (mild flavour)
- ❖ 25 gms Taco Seasoning
- ❖ 2 cups white rice (instant and uncooked)
- ❖ 10 flour tortillas
- ❖ ¾ cup Shredded Cheese
- ❖ Corn kernels
- ❖ Shredded cilantro for garnish



## Step by Step

1. Over medium-high heat, heat some oil in a large skillet. Add the chicken and stir-fry it for approximately 7 minutes or until the chicken is done.
2. Add 2 cups of water, salsa and seasoning mix and bring the mixture to boil.
3. Add the rice, cover and cook it for 5 minutes.
4. Spoon the mixture onto previously warmed tortillas and sprinkle it generously with the cheddar cheese. Add some corn kernels as desired. Garnish with cilantro.

# The 10-Minute Taco

Serves: 6

Prep Time: 10 minutes

## Ingredients List

- ❖ 3 cups rotisserie chicken (finely chopped or shredded)
- ❖ ½ cup salsa
- ❖ 2 Tbsp. honey
- ❖ 1 Tbsp. lime (bottled juice)
- ❖ 2 Tbsp. Taco seasoning
- ❖ Salt (as required)
- ❖ Pepper (as required)
- ❖ 6 Tortillas (corn)
- ❖ Olive oil (as required)
- ❖ Cheddar cheese (shredded)



## Step by Step

1. Whisk all the ingredients together except the chicken and cheese.
2. Place the shredded chicken in a microwave safe container and stir in the rest of the mixture.
3. Place this container inside the microwave for 2 minutes, take it out, stir and repeat the process until the chicken is properly heated.
4. Sprinkle some oil onto a skillet and warm the tortillas until they are golden-brown in colour on both sides.
5. Place the chicken mixture equally on all the tortillas. Sprinkle with shredded cheese and serve with lettuce, quartered cherry tomatoes, cilantro and sour cream.

# Buffalo Chicken Tacos

Serves: 3

Prep Time: 10 minutes

## Ingredients List

- ❖ 1 cup celery (diced)
- ❖ 2 cups rotisserie chicken (shredded finely)
- ❖ ½ cup red hot, buffalo wing sauce
- ❖ 1 Tbsp. oil
- ❖ 6 tortillas (corn)
- ❖ 1 1/2 cup Mexican cheese (blend)
- ❖ Salt (as required)



## Step by Step

1. Place the shredded chicken in a bowl and pour the Buffalo sauce over it. Mix well then pop it into the microwave to heat it up.
2. Pour one tablespoon of oil on a skillet and, using the tortillas, evenly spread the oil all over. Sprinkle some sea salt over one side of the tortillas as you allow them to turn a golden brown in the process.
3. Within 30 seconds flip each tortilla over and sprinkle the other side with some cheese. You may also use regular cheddar cheese. Once the cheese melts, sprinkle with chicken and celery.
4. Serve with blue cheese sprinkled over the top or some spicy sauce to enhance the flavours!

# Leftover Chicken Tacos

Serves 2

Prep Time: 20 minutes

## Ingredients List

- ❖ 2 cups of cooked, shredded chicken
- ❖ 1 cup tomatillo salsa
- ❖ 2 tablespoons oil
- ❖ 1 garlic clove (pressed)
- ❖ 500 grams black beans (cooked and drained)
- ❖ 1/4 tsp. salt
- ❖ 4 tortillas
- ❖ 1 avocado (sliced)



## Step by Step

1. Discard the chicken skin by pulling the meat from it. In a large skillet, over medium-low heat, warm the salsa and chicken.
2. Meanwhile, in a medium skillet, heat oil and cook garlic and beans. Add salt and 1/2-cup water. Crush the beans with the back of the spoon to get a creamy mixture. Remove from heat.
3. Warm the tortillas then add chicken, and top with avocados, salsa, cilantro, lime wedges and your refried beans mixture.

# Slow Cooker Chicken Tacos

## Ingredients List

- ❖ 2 lbs. chicken breast or thighs (we recommend 1 lb. of each)
- ❖ 8 pieces organic or regular tortillas
- ❖ 1 cup organic or homemade salsa
- ❖ 1/2 cup water
- ❖ 2 tsp. ground cumin
- ❖ 2 tsp. chili powder
- ❖ 1 tsp. garlic powder
- ❖ 1 tsp. ground coriander (optional)
- ❖ 1/4 tsp. cayenne pepper (more for more heat)
- ❖ 1/2 tsp. sea salt
- ❖ 1/4 tsp. black pepper
- ❖ Toppings: Fresh chopped veggies of choice, fresh cilantro, olives, avocado, fresh salsa, lime wedge etc.



## Step by Step

1. Put chicken pieces in slow cooker along with water, ground cumin, chili powder, garlic powder, ground coriander, cayenne pepper, salt, and pepper. Mix to coat the chicken.
2. Cook for 4 to 5 hours on high.
3. Remove the chicken and shred. Return to slow cooker and cook for another 30 minutes.
4. Serve chicken in tortilla wraps and add salsa and toppings of your choice.

## Section 2: The Meaty Touch

Meat lovers will tell you that there is nothing more flavorsome than a mouthful of well-cooked red meat. Beef or pork on tacos – you name it! Everybody loves to eat tacos!

In this section, you are presented with different taco recipes that uses beef or pork meat for a delightful and fun taco party!

Grab your [stainless steel taco holders](#) and pile up the goodies!

# Chickpea Crepe Tacos Complemented By Succulent Veal and Eggplant

Serves 4

Prep time: 45 minutes

## Ingredients List

- ❖ 2 1/4 cups of chickpea flour
- ❖ 1/4 cup plain yogurt
- ❖ 2 1/2 teaspoons salt (divided)
- ❖ 3 1/2 tablespoons olive oil
- ❖ 1/4 kg veal (ground)
- ❖ 1 1/2 teaspoons cumin (ground)
- ❖ 1/4 teaspoon red pepper flakes (crushed)
- ❖ 1 pound eggplant and cut them into cubes 1" in size
- ❖ 3 garlic cloves (sliced thinly)
- ❖ 1/4 cup raisins (golden)
- ❖ 1/4 cup red wine
- ❖ 15 ounce tomatoes (diced)
- ❖ 1/4 cup pine nuts (toasted)

## Step by Step

1. In a medium bowl, whisk the chickpea flour together with the yogurt, 1 1/4 tsp. salt, and water (2 cups and 1 Tbsp.) and set it aside.
2. Over a medium high flame, in a large skillet, heat 1 Tbsp. oil. Add the veal, red pepper, cumin and 1/4 tsp. salt to the skillet to cook the veal. Make sure to break and stir the veal often so it does not clump together. As the veal begins to brown, (after about 4 minutes) remove the meat and spices from the skillet and place it in a medium bowl.
3. Heat 2 Tbsp. oil on the skillet, before adding eggplant and the remaining salt. Cook the eggplant for 5 minutes or until it turns brown from all sides. Now add garlic and stir occasionally until it turns a light brown colour. Add raisins and wine to cook the mixture. Remember to stir continuously, for a minute, so the mixture is heated uniformly. Add the diced tomatoes (with juice), the lamb mixture, pine nuts, and 1/4 cup water. Stir and reduce the heat to medium flame so the mixture can simmer. Stir occasionally. In about 15 minutes, as most of the juices evaporate, close the flame.

4. Swirl the remaining oil in an 8" non-stick skillet, wipe it with a paper towel to leave just a sheen of oil on the skillet, and heat it to medium-high. Whisking the flour mixture, pour about a third of a cup into the skillet. Swirl to completely coat the pan with the batter, to make a crepe, cooking both sides until they are browned. Remove the crepe from the skillet and repeat the process with the remaining batter.
5. Spoon the lamb filling onto the pancakes. Serve with green vegetables, yogurt and lemon wedges.



# Pork Carnita Tacos

Serves: 8

Prep Time: Approximately 3 hours

## Ingredients List

- ❖ 1 ½ kg pork (boneless shoulder cut, chopped into 1 1/2-inch pieces)
- ❖ 1/2kg pork (belly cut, sliced into small pieces)
- ❖ 1 cup chicken stock
- ❖ 1 tablespoon salt
- ❖ 1 teaspoon black pepper (freshly ground)
- ❖ 8 tortillas (corn)

## Step by Step

1. Boil the pork shoulder, pork belly, salt and pepper in a large pot. Simmer for at least two hours or until the pork is tender enough to shred easily.
2. Reduce the liquid for ten minutes before removing the pot.
3. Place half the boiled pork (and the juices) in a large skillet and cook it on high heat until the pork begins to sizzle in its own fat. Once the pork begins to turn brown and crisp, remove from the skillet. Repeat the process with the rest of the pork.
4. Place the pork in a tortilla, garnish with veggies of your choice such as sliced avocados, shredded cabbage, onions, zucchini, bell peppers, lime and sauce.



# Steak Tacos and Salsa

Serves: 4

Prep Time: 20 minutes

## Ingredients List

- ❖ 2 tablespoons olive oil, (divided) o ½ kg steak (flank)
- ❖ Salt (as required)
- ❖ Black pepper (freshly ground and as required)
- ❖ 1/2 cup cilantro leaves (make sure the stems are tender and divide the whole)
- ❖ 4 radishes (trimmed and finely chopped)
- ❖ 2 spring onions (thinly sliced)
- ❖ 1/2 jalapeño (seeds removed and finely chopped)
- ❖ 2 tablespoons lime juice (freshly squeezed)
- ❖ 8 tortillas (corn)



## Step by Step

1. Season the steak with salt and pepper and cook each side in a skillet over high heat. Pour the olive oil in the skillet and cook each side for about 5- 8 minutes. Let it rest for another five minutes.
2. Chop half the cilantro and toss with radishes, jalapenos, onions, lime juice and 1 tablespoon olive oil. Season with salt, pepper and salsa.
3. Slice steak, place on each tortilla along with a portion of the vegetable mixture. Serve with queso fresco cheese and the rest of the cilantro.

# Tacos with Grilled Kielbasa

Serves 4

Prep Time: 20 minutes

## Ingredients List

- ❖ 1 red onion (cut into 4 pieces)
- ❖ 2 bell peppers (red, and cut lengthwise. Remove seeds)
- ❖ 1 bunch of scallions
- ❖ 3 tablespoons olive oil
- ❖ Salt (as required)
- ❖ Pepper (ground, as required)
- ❖ 1/3 cup lime juice
- ❖ 750 grams kielbasa sausage (halve each sausage vertically)
- ❖ 8 tortillas (corn)
- ❖ cilantro



## Step by Step

1. Toss the onion, bell peppers, and scallions together with oil over a grill that has been set to medium high heat. Season with salt and pepper and grill until the vegetables get a slightly charred look. Remember to take the scallions off after 2 minutes though! Take them off the heat and let it cool.
2. Slice the onion into wedges that are 1-inch long and toss with lime juice. Similarly, remove the skin off the bell peppers, cut them into wedges that are 1-inch long and place in a separate bowl. The scallions should be placed on a different platter.
3. Grill the sausages for about 5 minutes each and place them with the scallions.
4. Grill the tortillas to give a slightly charred look. Pile all the ingredients into each tortilla and serve with hot sauce and fresh lime for squeezing over.

# Ground Beef Tacos

Serves 4

## Ingredients List

- ❖ 8 tortillas (corn)
- ❖ 750 grams beef (ground)
- ❖ 4 tablespoons of taco seasoning
- ❖ 1 cup iceberg lettuce (shredded)
- ❖ 1 cup grape tomatoes (halved)
- ❖ ½ red onion (finely sliced)
- ❖ 1 avocado (sliced)



## Step by Step

1. In a skillet, cook ground beef and taco seasoning together, for about 7 minutes on a medium flame so the meat is cooked through. Drain to remove excessive grease.
2. Warm tortillas and assemble using equal portions of beef mixture and top with lettuce, tomatoes, onion and avocados. Serve with lime wedges.

# Pan Tacos with Ground Beef and White Rice

Serves: 4

Prep Time: 10 minutes

## Ingredients List

- ❖ ½ kg beef (extra lean and ground)
- ❖ 1 teaspoon cumin (cumin)
- ❖ 1 tablespoon chilli powder
- ❖ 2 cups white rice (instant and uncooked)
- ❖ 1 cup cheese (shredded)
- ❖ 2 cups water
- ❖ 8 tortillas (wheat)
- ❖ Salt (as required)



## Step by Step

1. Brown the meat in a large pan for about 10 minutes. Drain to remove any grease.
2. Add the spices, stir for 30 seconds before adding water. Make sure it is on high heat so it will boil quickly. Stir in the rice and cheese. Cover and allow to simmer on medium heat for 5 minutes.
3. Drain, as needed, to remove extra oil and water.
4. Assemble by placing equal portions on each tortilla, add shredded lettuce, and chopped tomatoes to serve.

# Tacos with Leftover Hamburgers

Serves: 4

Prep Time: 10 minutes

## Ingredients List

- ❖ 250 grams hamburger (or any type of ground beef or soy crumbles)
- ❖ 1 cup water
- ❖ 1 packet taco seasoning (store bought)
- ❖ 8 tortillas (corn)



## Step by Step

1. Add the hamburger (or substitute) to a skillet and heat on medium heat until it is browned, and warmed through.
2. Add the taco seasoning and water and cook for 5 minutes so it is ready to serve.
3. When the meat is thoroughly cooked, assemble tacos using meat and diced vegetables like tomatoes, onions and lettuce. Serve with lime wedges and shredded cheese for topping.

# Pork and Eggs Taco

Serves: 5-6

Prep Time: 5 minutes

## Ingredients List

- ❖ 10 tortillas
- ❖ Fully cooked pork sausages (1 packet)
- ❖ 3 eggs (large)
- ❖ ½ cup cheddar cheese (roughly shredded)
- ❖ 1 avocado (sliced)
- ❖ Salt (As required)
- ❖ Pepper (As required)



## Step by Step

1. Whip up the eggs with salt and pepper and cook them over high flame. Make sure you cook both sides for approximately one minute each.
2. Heat the sausages according to the instructions on your packet menu. You could also substitute the sausages for any other protein food you have at home including leftover meat, chicken or vegetables.
3. Remove the eggs and warm the tortillas. Turn off the heat and simply use the heat from the still-hot girdle to do so.
4. Slice the egg according to the number of tortillas and place a piece of egg, sausage, avocado, cheese and garnishing of your preference. You can also add bacon and hash browns. Serve with lime and salsa.

## Section 3: Going Vegan!

A vegan diet can be one of the healthiest lifestyle choices you could make. You could still enjoy your delicious tacos and substitute the meat ingredients with delicious vegetable alternatives.

Check out the following vegan recipe tacos and make your vegan diet more fun!

Grab your [stainless steel taco holders](#) and prep these delicious and nutritious vegan tacos!

# Corn Salsa Topped Black Bean Tacos

Serves: 4

Prep time: 35 minutes

## Ingredients List

- ❖ Cooking Olive oil (sprayed )
- ❖ Garlic ( 2 cloves)
- ❖ 2 1/2 cups of black beans (rinse and drain)
- ❖ 1/4 cup oats (rolled)
- ❖ 1/4 cup of cornmeal
- ❖ 1 tablespoon red chili (powder)
- ❖ 1 teaspoon kosher salt, divided
- ❖ 1/2 teaspoon black pepper (ground and divided)
- ❖ 8 corn tortillas (small)
- ❖ 1 cup corn, thawed if frozen
- ❖ 1 red bell pepper (medium, chopped)
- ❖ 1 green chili (small, diced)
- ❖ 2 scallions (chopped)
- ❖ 2 limes (juiced)
- ❖ 1/4 cup fresh cilantro (chopped)



## Step by Step

1. Preheat the oven to 400°F and spray cooking oil on a [baking sheet](#).
2. Add chopped garlic into a processing machine with the beans, oats, chilli, and cornmeal. Add salt and pepper before processing the mixture.
3. Prepare a [baking tray](#) and spread the mixture on to it. Be sure to spray it with cooking oil before baking the mixture for 20 to 30 minutes. For perfection, take out the mixture at half the baking time and break the hardened mixture before spraying it with more cooking oil and continue baking. This helps to ensure the whole mixture is baked evenly.
4. Once baked, take out the bean mixture in a bowl and mix it well with corn, bell pepper, chili and scallions.
5. The tortillas should be wrapped in foil and warmed in the oven for 5 minutes.
6. Spread the bean mixture on the tortillas and serve with corn salsa and cilantro topping.

# Grilled Haloumi Tacos

Serves: 4

Prep Time: 25 minutes

## Ingredients List

- ❖ Olive oil
- ❖ 2 husked ears of corn
- ❖ Kosher salt
- ❖ Black pepper (freshly ground)
- ❖ 1 small, red onion (sliced into thick rings)
- ❖ ½ kg halloumi ( make ½-inch thick slices)
- ❖ 8 corn tortillas



## Step by Step

1. Prepare the grill setting it at medium-high heat and oil the grates thoroughly.
2. Lightly brush over the corn husks with oil and season the same with salt and pepper. Toss the onion rings with oil, salt, and pepper. Grill both the ingredients, 10-15 minutes for corn and 4-5 minutes for onions, turning often to make sure that it is tender, and is charred in spots. Once the corn cools, cut the kernels from the cobs and place them in a medium bowl.
3. Brush the cheese with a little oil, and after seasoning with a little salt and pepper, grill it once on each side to char and warm completely.
4. Warm the tortillas in the microwave or on a cooler part of the grill to soften it. Divide the cheese amongst the tortillas, topping them with onions, corn, avocado, cilantro, salsa and lime wedges.

# The Simple Vegan Taco

Serves: 1

Prep Time: 5 minutes

## Ingredients List

- ❖ 2 wheat tacos
- ❖ ½ cup black beans (grilled)
- ❖ 1 avocado (sliced)
- ❖ 2 cherry tomatoes (quartered)
- ❖ 1 onion (chopped)
- ❖ Fresh parsley
- ❖ Lime juice
- ❖ 1 Tablespoon olive oil (optional)
- ❖ Salt (as required)
- ❖ Your choice of hot sauce



## Step by Step

1. Heat the taco to warm it thoroughly.
2. Place all the ingredients on the taco in any order you like. You can also heat up all the veggies in a medium skillet. Simply heat the oil, add the onions, beans and cherry tomatoes and sprinkle a little salt over the whole. Remove after one minute of constant stirring.
3. Serve the tacos, sprinkled with some parsley, sliced avocados, a splash of lime juice and the hot chili sauce to dip into.

# Beans and Grilled Corn Taco

Serves 2

Prep Time: 5 minutes

## Ingredients List

- ❖ 2 Corn tacos
- ❖ ½ cup black beans (grilled)
- ❖ Grilled corn on the cob
- ❖ 1 avocado (sliced)
- ❖ 2 cherry tomatoes (quartered)
- ❖ 1 small onion (chopped)
- ❖ Fresh parsley
- ❖ ¼ tsp cumin (crushed)
- ❖ Salt (to taste)
- ❖ Freshly ground black pepper (to taste)
- ❖ 1 Tbsp. Oil (for grilling)



## Step by Step

1. Prepare the grill setting it at medium-high heat and oil the grates thoroughly.
2. Lightly brush over the corn husks with oil and season the same with salt and pepper. Grill the corn for 10-15 minutes turning often to make sure that it is tender, and charred in spots. Once the corn cools, cut the kernels from the cobs and place them in a medium bowl.
3. Toss with black beans, sliced avocado, cherry tomatoes, chopped onions, fresh parsley and season with salt, black pepper, and cumin. Squeeze some fresh lime for a tangy filling.
4. Pile onto the taco and enjoy with a dip of your choice.

# Healthy Fish Tacos

## Ingredients List

- ❖ 1 pound white flaky fish, such as mahi mahi or orata
- ❖ 1/4 cup canola oil
- ❖ 1 lime, juiced
- ❖ 1 tablespoons ancho chili powder
- ❖ 1 jalapeno, coarsely chopped
- ❖ 1/4 cup chopped fresh cilantro leaves
- ❖ 8 flour tortillas
- ❖ Shredded white cabbage
- ❖ Hot sauce
- ❖ Crema or sour cream
- ❖ Thinly sliced red onion
- ❖ Thinly sliced green onion
- ❖ Chopped cilantro leaves



## Step by Step

1. Preheat grill to medium-high. Place the fish in a dish and add oil, lime juice, jalapeno, ancho, and cilantro. Mix well to coat the fish and let it marinate for 20 minutes.
2. Remove fish from marinade and grill it flesh side down. Grill for 4 minutes then flip and grill for 30 seconds to a minute. Let it rest for 5 minutes before flaking with a fork.
3. Grill the tortillas for 20 seconds.
4. Distribute the fish into each tacos and garnish with cabbage, onions, cilantro. Drizzle with hot sauce and add your choice of salsa.

# We Make Cooking Easier!

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