



MAKE EVERY DAY

TACO

TUESDAY

tasty plant-based taco recipes to put on repeat!



MAKE EVERY DAY TACO TUESDAY

SUNDAY

FAJITA VEGGIES TACOS

MONDAY

SPICY LENTIL TACOS

TUESDAY

CHIPOTLE JACKFRUIT TACOS

WEDNESDAY

BUFFALO CAULIFLOWER TACOS

THURSDAY

AVOCADO MUSHROOM TACOS

FRIDAY

PINEAPPLE BLACK BEAN TACOS

SATURDAY

SOUTHWESTERN WALNUT TACOS

BREAKFAST

GET UP & GO BREAKFAST TACOS

ROASTED POTATO BREAKFAST TACOS

EASY CHORIZO BREAKFAST TACOS



Fajita Veggies Tacos

INGREDIENTS:

- 1 Tbsp extra virgin olive oil
- 2 cups of zucchini, cut into matchsticks
- 1/2 green bell pepper, thinly sliced
- 1/2 red bell pepper, thinly sliced
- 1/2 yellow bell pepper, thinly sliced
- 1/2 tsp sea salt
- 1-2 tsp garlic powder
- 2 tsp dried oregano
- 1/2 tsp red pepper flakes
- 1 Tbsp lime juice
- 4 corn tortillas

DIRECTIONS:

1. Add the oil to a large skillet over medium heat. When hot, place the zucchini slices flesh down without overlapping. Cook undisturbed for 2-3 minutes or until browned. Flip it over to brown the other side then transfer to a plate and repeat with the remaining zucchini until all of the zucchini is seared.
2. Add the onion to the skillet and cook for 5-6 minutes, tossing occasionally, until softened and beginning to brown. Add the bell peppers and cook until slightly tender, about 2-3 more minutes. Add more oil or water if needed to prevent sticking.
3. Turn the heat to low and add back in the zucchini along with the spices and lime juice. Toss to coat and heat through, then remove from the heat. Taste and adjust as needed.
4. Warm the tortillas by wrapping them in a damp paper towel and microwaving for 30 seconds to 1 minute.
5. Divide the filling between the warmed tortillas and serve as is or with other toppings and sides of your choice.



Spicy Lentil Tacos

INGREDIENTS:

1-1/2 cups cooked brown rice
4 corn tortillas or taco shells, warmed

LENTIL MIXTURE

3/4 cup brown lentils, rinsed
2 garlic cloves, minced
1/4 onion, diced
1/4 bouillon cube
1 tsp cumin
1 tsp chili powder
1/2 tsp cayenne pepper
sea salt & black pepper, to taste
1-1/2 cup water

FOR SERVING

lettuce
tomato
salsa
cilantro
avocado
red onion

DIRECTIONS:

1. For the lentils. First saute the onions and garlic in a medium saucepan until translucent.
2. Add the lentils, water, bouillon, cumin, chili powder, cayenne, salt, pepper and water. Mix thoroughly. Bring to a boil and cover. Reduce to simmer and cook for 15-20 minutes, or until tender.
3. Once the lentils are done, mix them in with the cooked brown rice.
4. To serve, warm up the taco shells and top with the lentil mixture and any other desired add-ins. Enjoy!

*Omit the cayenne if you do not want the added spicy heat. Or add more if you like!



Chipotle Jackfruit Tacos

INGREDIENTS:

2 (20oz) cans jackfruit in brine
2 Tbsp water
1/2 yellow onion, thinly sliced
4 cloves garlic, minced
1/2 tsp sea salt
1 Tbsp ground smoked paprika
1 Tbsp ground cumin
1 Tbsp chili powder
2-3 Tbsp pure maple syrup
1-2 chipotle peppers in adobo sauce
3 tsp adobo sauce
1/4 cup coconut aminos
2/3 cup water (plus more as needed)
3 Tbsp lime juice

*for serving - corn or flour tortillas,
refried beans, lettuce, salsa, avocado,
tomatoes, cilantro, hot sauce

DIRECTIONS:

1. Rinse & drain the jackfruit. Chop and pull apart the jackfruit. Making sure to cut the center "core" portion into smaller pieces.
2. Heat a large skillet over med heat. Once hot, add water, onion and garlic. Sauté for 5 minutes or until softened.
3. Add jackfruit and the rest of the ingredients. Stir to coat and reduce heat to low medium. Cover and cook for about 20 minutes. Stirring occasionally.
4. Once the jackfruit has been simmered, taste and adjust flavor as needed.
5. Turn up the heat to medium-high and cook for 3 more minutes.
6. Remove from heat and prepare your tacos with toppings as desired.



Buffalo Cauliflower Tacos

INGREDIENTS:

- 1 small cauliflower, cut into florets
- 1/2 cup all-purpose flour
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 cup vegan buffalo sauce
- 6 tortillas (your choice)
- 2 cups coleslaw or cabbage, shredded
- 1 cup shelled edamame, thawed
- 1 cup frozen corn, thawed
- 1 avocado, sliced

CASHEW CREAM:

- 1/2 cup raw cashews, soaked in boiling water for 30 minutes
- 1 cup boiling water
- 1 garlic clove
- 2 tsp nutritional yeast
- 2 tsp lime juice
- 1 tbsp cilantro
- 1/4 tsp sea salt, or to taste

*optional garnish – chopped cilantro

DIRECTIONS:

1. Preheat the oven to 400F and line a baking sheet with parchment paper.
2. For the cashew cream, drain and rinse the cashews. Combine all ingredients into a high-speed blender and blend until smooth. Refrigerate until ready to use.
3. Rinse the cauliflower and set aside (leaving it wet).
4. Combine the flour, garlic, and onion powder in a large bowl. Add the wet cauliflower and toss well so they get coated. Transfer them to a colander to get rid of any extra flour then return them to the bowl.
5. Add the buffalo sauce and toss well. Transfer them to the baking sheet and coat with cooking spray. Bake for 30 minutes or until tender.
6. Fill each tortilla with cabbage, edamame, and corn. Add your cauliflower, avocado and drizzle of cashew cream. Enjoy!

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Avocado Mushroom Tacos

INGREDIENTS:

1/4 white onion, finely sliced
4 garlic cloves, minced
2 Tbsp soy sauce or coconut aminos
2-3 tsp taco seasoning
1/2 tsp smoked paprika
2 cups sliced white mushrooms

1-2 ripe avocados
fresh lime juice
sea salt & black pepper, to taste

*for serving - mashed avocado, pickled red onion, hot sauce and tortillas

DIRECTIONS:

1. Bring a pan to medium heat and saute the onions until translucent. Add garlic, soy sauce, taco seasoning and paprika. Saute for another 2 minutes.
2. Add the mushrooms to the pan and cook until they are tender.
3. Next mash your avocados in a small bowl with a little lime juice, salt and pepper.
4. If desired, heat your tortillas, spread a thin layer of avocado, then the mushroom mixture and other toppings as desired.

SERVES: 2-3



Pineapple Black Bean Tacos

INGREDIENTS:

6-8 white or yellow corn tortillas
avocado or grape seed oil

BEANS

2 cups black beans
1/4 tsp ground cumin
1/4 tsp ground chili powder
1 pinch sea salt
1 pinch black pepper

SALSA

1/4 cup diced pineapple
1/2 cup diced tomato
3 Tbsp diced jalapeno
3 Tbsp diced red onion
1/4 cup chopped cilantro
2 Tbsp lime juice
1 pinch sea salt
1 pinch black pepper

*any other toppings as desired

DIRECTIONS:

1. In a small saucepan, stir together the black beans and spices. Heat over medium heat until simmering then put on low/warm until serving. Taste and adjust seasonings as desired.
2. Prepare the pineapple salsa by adding all ingredients to a small bowl and tossing to coat. Taste and adjust flavors as you like.
3. Prepare your tacos by adding the black beans, pineapple salsa and any other additions you prefer. Enjoy!

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Southwestern Walnut Tacos

INGREDIENTS:

4 cups raw walnuts, soaked for 2 hrs
1 Tbsp taco seasoning
1/2 tsp ground coriander
pinch of black pepper
1/4 tsp sea salt
1/2 Tbsp coconut aminos
1 Tbsp organic coconut oil
2 Tbsp extra virgin olive oil
4 organic taco shells
3 cups shredded romaine lettuce

*for serving - fresh salsa, red onion,
diced avocado & sour cream

DIRECTIONS:

1. Pulse the walnuts for about 15 seconds in a high-speed food processor until a crumbly texture is achieved.
2. Add all the spices and oils.
3. Process again until the consistency resembles ground beef.
4. You can use raw or bake it in the oven 450F for 15 minutes or "brown" in a skillet over medium heat until hot.
5. Fill the taco shells with the walnut mixture, lettuce and any other additional toppings.

SERVES: 2



Get Up + Go Breakfast Tacos

INGREDIENTS:

8oz organic firm tofu
1 cup cooked black beans
1/4 red onion, diced
1 cup cilantro, chopped
1 ripe avocado
1/2 cup fresh salsa
1 lime, sliced for serving
6 corn tortillas

TOFU SEASONING

3/4 tsp garlic powder
1/2 tsp chili powder
1 tsp cumin
1/8 tsp sea salt
1 Tbsp fresh salsa or hot sauce
1 Tbsp water

DIRECTIONS:

1. Wrap tofu in a clean absorbent towel and place something heavy on top, like a cast-iron skillet. Allow the tofu to press and drain the excess liquid.
2. Cook the black beans in a small saucepan over medium heat until bubbly. Then reduce to simmer and set aside. If you prefer them seasoned, add a pinch each of salt, cumin, chili powder and garlic powder.
3. Add the tofu spices and salsa to a small bowl and add enough water to make a pourable sauce. Set aside.
4. Heat a large skillet over medium heat. Once hot, 1-2 Tbsp of your choice of oil and the tofu. Use a fork to crumble it.
5. Stir and fry for 5-6 minutes or until it browns. Add the seasonings and toss. Continue cooking until browned and fragrant, about 5-10 more minutes. Stir frequently.
6. For serving, warm your tortillas in a damp paper towel in the oven or microwave.
7. Top the tortillas with the tofu scramble, black beans, onion, avocado, cilantro, salsa, lime juice and any other preferred add-ins. Serve immediately and enjoy!



Roasted Potato Breakfast Tacos

INGREDIENTS:

2 medium red potatoes, peeled & cubed
1 tsp garlic powder
1/2 tsp thyme
1/2 tsp sage
1/4 tsp paprika
pinch of cayenne
sea salt, to taste

corn or flour tortilla shells

*optional add-ins - tofu scramble, tempeh crumbles, tomatoes, sour cream, cheese, salsa, avocado, black beans, chickpeas, shredded lettuce

DIRECTIONS:

1. Preheat oven to 450F degrees.
2. Toss the potatoes with the seasonings then spread them out evenly on a baking sheet lined with parchment paper.
3. Bake for 30 minutes, tossing halfway.
4. In the meantime, prep anything else you want in your tacos.
5. Once the potatoes are done, scoop them into your shells along with your other toppings and enjoy!

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Easy Chorizo Breakfast Tacos

INGREDIENTS:

14oz organic extra firm tofu
4 tsp chili powder
1 Tbsp smoked paprika
1/8 tsp cayenne pepper
1/8 tsp ground cumin
2 Tbsp tamari
4 tsp apple cider vinegar
2 tsp pure maple syrup
1 Tbsp ketchup
2 Tbsp avocado oil

6-8 taco shells, your choice

DIRECTIONS:

1. Drain the tofu and then with a fork crumble it into 1/4-1/2" sized pieces into a medium bowl.
2. Add the chili powder, smoked paprika, cayenne and cumin. Carefully toss to coat. Then add the tamari, vinegar, maple syrup and ketchup. Toss again.
3. Heat a 10" non-stick or cast iron skillet over medium heat. Add 1 Tbsp avocado oil and place half of your tofu mixture into the skillet. Distribute it evenly so it's in a thin layer. Cook for 5 minutes, without stirring. It should sizzle and pop slightly.
4. Once it is nicely browned at the bottom, flip the sections as evenly as possible with a spatula to brown the other side. Then break up the mixture and toss it evenly to brown all sides.
5. Place it in a dish then repeat with the remaining tofu mixture.
6. Enjoy in your choice of taco shells!

SERVES: 3-4

Easy Taco Recipes for Beginners

RECIPE# 1

Ingredients:

- Taco shells
- Ground beef
- Canned black beans
- Green chilies
- Homemade salsa
- Shredded cheese
- Lime wedges

Instructions:

1. Preheat oven to 375 degrees F (190 degrees C).
2. Place taco shells on a baking sheet.
3. Add ground beef to a skillet over medium heat.
4. Cook until browned and cooked through.
5. Spoon black beans onto the taco shells and top with cooked beef, green chilies, salsa, and shredded cheese.
6. Bake in preheated oven for 17 to 20 minutes or until the shells are heated through and the cheese is melted and bubbly.
7. Serve with lime wedges for extra flavor and enjoyment!

RECIPE#2

Ingredients:

- Ground beef
- Shredded cheese
- Taco shells
- Sour cream
- Green onions
- Lettuce
- Tomato sauce
- Garlic powder
- Salt

Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Cook ground beef in a skillet over medium heat until browned.
3. Mix shredded cheese, sour cream, green onions, lettuce, tomato sauce and garlic powder together in a bowl.
4. salt to taste and divide mixture evenly among taco shells.
5. Bake for 15 minutes or until cheese is melted and bubbly. Serve with extra sour cream and diced tomatoes, if desired.

RECIPE#3

Ingredients:

- 1 pound ground beef
- 1 can black beans, drained and rinsed
- 1 can corn, drained and rinsed
- 1/2 cup salsa
- 1/2 cup shredded cheese
- 8 taco shells

Instructions:

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a large bowl, mix together ground beef, black beans, corn, salsa and cheese.
3. Place taco shells on a baking sheet and fill each one with the beef mixture.
4. Bake in preheated oven for 15 minutes.
5. Enjoy!

RECIPE#4

Ingredients:

- 1 pound ground beef
- 1 can refried beans
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 8 taco shells
- 1 cup shredded cheese (cheddar, cheddar, or Monterrey jack)
- 2 tomatoes, diced
- 1 avocado, diced

Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. In a large skillet over medium heat, cook the ground beef until browned. Drain any excess grease and add in the refried beans, chili powder, garlic powder, salt, and pepper. Mix well and cook for 3 minutes or until warmed through.
3. To assemble the tacos, place 1/4 of the meat mixture into each taco shell and top with shredded cheese, diced tomatoes and avocado. Serve immediately.

Classic Tacos: Traditional Recipes to Try

RECIPE#5

Ingredients:

- 8-10 soft tacos shells
- 1/2 lb. ground beef
- 1 small onion, diced
- 1 green bell pepper, diced
- 1 jalapeño pepper, diced
- 2 cloves garlic, minced
- 1 teaspoon chili powder
- 1 teaspoon cumin
- Salt and pepper, to taste
- 2 cups salsa (homemade or store bought)
- 8 small pieces of fresh avocado, cubed
- 8 thin slices of queso fresco or cotija cheese

Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. In a skillet over medium heat, cook the ground beef until it is browned and crumbled.
3. Add the onions, bell pepper, jalapeño pepper, garlic and chili powder to the skillet and continue cooking until the vegetables are softened.
4. Season the mixture with salt and pepper and spoon into the taco shells.
5. Top each taco with salsa and avocado cubes and sprinkle with queso fresco or cotija cheese before serving.

RECIPE#6

Ingredients:

- 1 lb. ground beef
- 1/2 tsp. chili powder
- 1/4 tsp. garlic powder
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 1 tbsp. olive oil
- 8 oz. tomato sauce
- 8 oz. water
- 10 soft tacos shells
- 1 cup shredded cheddar cheese
- 1 avocado, diced

Instructions:

- 1) Preheat oven to 350 degrees F (175 degrees C).
- 2) In a large bowl, combine ground beef, chili powder, garlic powder, salt, and black pepper. Mix well until all ingredients are evenly distributed.
- 3) Heat olive oil in a large skillet over medium heat. Add the ground beef mixture and cook until browned and cooked through, about 8 minutes.
- 4) Drain any excess fat from the skillet and transfer the mixture to a baking dish. Pour tomato sauce over the top of the beef and sprinkle with water. Slide into the preheated oven and bake for 30 minutes, or until heated through.
- 5) Remove from oven and let cool for 5 minutes before serving. Top each taco with shredded cheese and diced avocado before eating. Enjoy!

RECIPE#7

Ingredients:

- 1 lb. ground beef
- 1 package taco seasoning
- 8-10 soft tacos shells
- 1/2 cup shredded cheddar cheese
- 1/4 cup chopped onions
- 1 avocado, diced
- 1 lime, juiced
- Salt and pepper, to taste

Instructions:

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a large skillet over medium heat, cook the ground beef until browned.
3. Add the taco seasoning and continue cooking until the beef is cooked through.
4. Spread the beef mixture into the soft taco shells.
5. Top with shredded cheese, diced onion, avocado, and lime juice. Season with salt and pepper, to taste.
6. Bake in preheated oven for 15 minutes or until the tacos are hot and cheese is bubbly.

Fast & Easy Meals: Quick and Delicious Taco Recipes

RECIPE#8

Ingredients:

- 1 lb ground beef
- 1 can black beans, drained and rinsed
- 1/2 cup frozen corn
- 1/2 cup salsa
- 1/4 cup diced onion
- 1 jalapeno, seeded and finely diced
- 1 lime, juiced
- 1 tsp. chili powder
- 1 tsp. garlic powder

Instructions:

In a large skillet over medium heat, cook the ground beef until browned. Drain any excess grease. Add in the black beans, corn, salsa, onion, jalapeno, lime juice, chili powder and garlic powder. Mix well and cook until heated through.

RECIPE#9

Ingredients:

- 2 lbs. ground beef
- 1 can black beans, drained and rinsed
- 1 can corn, drained and rinsed
- 1 tsp. chili powder
- 1 tsp. cumin
- 1/2 tsp. salt
- 8-10 taco shells

Instructions:

1. Preheat your oven to 350 degrees F (175 degrees C).
2. In a large skillet over medium heat, cook the ground beef until it is browned.
3. Add the black beans, corn, chili powder, cumin, and salt and stir to combine.
4. Spoon the mixture into the taco shells and serve warm!

RECIPE# 10

Ingredients:

- Ground beef
- Shredded cheese
- Taco seasoning
- Green pepper (optional)
- Salsa (optional)

Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. In a skillet, cook ground beef until it is browned.
3. Add in shredded cheese, taco seasoning, and green pepper (if using).
4. Spread mixture into a baking dish and bake for 10 to 12 minutes, or until cheese is melted and bubbly.
5. Serve with salsa if desired.

Vegetarian & Vegan Options: Delicious Plant-Based Recipes

RECIPE# 11

Ingredients:

- 1 batch of your favorite taco seasoning
- 1/2 cup cooked black beans
- 1/2 cup cooked pinto beans
- 1/2 cup corn
- 1 small onion, diced
- 1 green bell pepper, diced
- 1 jalapeño, minced
- 8-10 corn tortillas
- Shredded lettuce or cabbage for topping (optional)

Directions:

1. Preheat your oven to 350 degrees.
2. Spread a layer of the taco seasoning on the bottom of a baking dish.
3. Top with each bean, corn, and onion mixture.
4. Top with the bell pepper and jalapeño mixture.
5. Cover with another layer of tortillas and press down gently so everything is well coated in the taco seasoning.
6. Bake for 20 minutes or until heated through and the tortillas are crisp and golden brown on the outside. Serve warm with shredded lettuce or cabbage on top, if desired. Enjoy!

RECIPE# 12

Ingredients:

- 1 can black beans, drained and rinsed
- 1 can corn, drained and rinsed
- 1/2 red onion, diced
- 1 red bell pepper, diced
- 2 cloves garlic, minced
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- 8 small soft tortillas (6 inch)
- 1/2 cup salsa
- 1/2 cup vegan sour cream or nondairy yogurt

Instructions:

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine black beans, corn, red onion, bell pepper, garlic, chili powder, cumin, salt and pepper.
3. Warm tortillas in the oven for just a few seconds until soft.
4. Fill each tortilla with bean mixture and salsa. Top with vegan sour cream or yogurt. Enjoy!

RECIPE# 13

Ingredients:

- 1 can black beans, drained and rinsed
- 1 tablespoon olive oil or vegetable broth
- 1 small onion, diced
- 1 bell pepper, diced
- 2 tablespoons chili powder
- 1 teaspoon cumin
- Sea salt and fresh ground black pepper to taste
- 6 whole wheat tortillas
- Shredded lettuce, diced tomatoes, chopped avocado, sour cream, salsa verde (optional)

Instructions:

1. Heat the oil or broth in a large skillet over medium heat. Add the onions and bell peppers and cook until softened, about 5 minutes. Stir in the chili powder and cumin and season with salt and pepper to taste.
2. Warm the tortillas in a dry skillet over medium heat for about 30 seconds per side. Stack the warmed tortillas and fill with the onion mixture. Serve with shredded lettuce, diced tomatoes, avocado, sour cream, salsa verde (if using), and any other desired toppings. Enjoy!

RECIPE# 14

Ingredients:

- 1 can black beans, drained and rinsed
- 1 can corn, drained
- 1/2 red onion, diced
- 1/4 cup fresh cilantro, chopped
- 1 tablespoon olive oil
- 8 soft taco shells
- Salsa of your choice (homemade or storebought)

Instructions:

1. Preheat oven to 350°F.
2. In a large bowl, combine black beans, corn, red onion, and cilantro.
3. Drizzle olive oil over the mixture and toss to combine.
4. Place mixture into the taco shells and serve with salsa of your choice.

RECIPE# 15

Ingredients:

- 1 large sweet potato
- 1/2 cup corn tortillas
- 1/4 cup vegetable broth
- 1/4 cup salsa
- 1/4 cup nutritional yeast
- 1 tsp. cumin
- sea salt and pepper to taste

Instructions:

1. Preheat oven to 375 degrees F (190 degrees C).
2. Cut the sweet potato into small bite-sized pieces and spread on a baking sheet.
3. Bake in preheated oven for 25 minutes, or until soft.
4. Warm the tortillas in a dry skillet over medium heat for about 30 seconds, or until soft and pliable.
5. In a large bowl, combine the cooked sweet potato, corn tortillas, vegetable broth, salsa, nutritional yeast, and cumin. Season with salt and pepper to taste. Enjoy as is or wrap in foil and enjoy in a warm place for later!

RECIPE# 16

Ingredients:

- 1 batch of your favorite taco filling (see below for recipes)
- 1-2 cups cooked black beans
- 1/2 cup corn or flour tortillas
- 1/4 cup vegetable oil
- 1/4 cup red onion, diced
- 1 small jalapeño pepper, seeded and diced (optional)
- 1 lime, cut into wedges (optional)

Instructions:

1. Preheat oven to 350 degrees Fahrenheit.
2. In a large bowl, combine black beans, corn tortillas, vegetable oil, and red onion. Mix well.
3. Place mixture on a lightly greased baking sheet and bake for 20 minutes, or until heated through.
4. Serve with your favorite taco filling and lime wedges, if desired.

Beyond Chicken: Alternative Protein Sources

RECIPE# 17

Ingredients:

- 1 1/2 lbs. ground chicken
- 1 red onion, diced
- 1 green bell pepper, diced
- 1 jalapeno, seeded and diced
- 1 can black beans, drained and rinsed
- 1 can corn, drained
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon garlic powder
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a large bowl, combine ground chicken, red onion, green bell pepper, jalapeno, black beans, corn, chili powder, cumin and garlic powder. Season with salt and pepper to taste.
3. Roll mixture into 12 golf ball size tacos.
4. Bake for 15 minutes or until heated through.

RECIPE# 18

Ingredients:

- 1 pound ground chicken
- 1 onion, diced
- 1 bell pepper, diced
- 2 cloves garlic, minced
- 1 teaspoon chili powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cumin
- Salt and pepper, to taste
- 8 corn tortillas
- Sour cream or guacamole, for serving

Instructions:

1. Preheat oven to 350 degrees F.
2. In a large skillet over medium heat, cook the ground chicken until browned. Drain any excess fat and remove from heat.
3. Add the onion, bell pepper, garlic, chili powder, smoked paprika, cumin, salt and pepper to the skillet and stir to combine.
4. Warm the tortillas in the oven for just a few minutes until soft.
5. Scoop the chicken mixture onto each tortilla and roll up jellyroll style. Serve with sour cream or guacamole as desired.

RECIPE# 19

Ingredients:

- 1 lb. ground chicken
- 1/2 tsp. cumin
- 1/4 tsp. chili powder
- 1 tsp. paprika
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 8 corn tortillas
- 1 cup prepared salsa
- 1 cup shredded lettuce
- 1 avocado, diced
- 1 jalapeno, seeded and diced

Instructions:

- 1) Preheat oven to 350 degrees F (175 degrees C).
- 2) In a bowl, mix together ground chicken, cumin, chili powder, paprika, salt and black pepper.
- 3) Warm tortillas in the microwave for 30 seconds or in a pan on the stovetop for a few minutes until soft.
- 4) To assemble tacos, fill each tortilla with some of the chicken mixture, some salsa and some lettuce and avocado. Top with jalapeno. Serve immediately.

RECIPE#20

Ingredients:

- 1 lb. Beyond Meat crumbles
- 1 can black beans, drained and rinsed
- 1 red onion, diced
- 2 cloves garlic, minced
- 1 tbsp. chili powder
- 1 tbsp. cumin
- 1 tsp. smoked paprika
- 1 tsp. salt
- Freshly ground black pepper to taste
- 8 soft tacos shells (or any other taco shape you like)
- Sour cream, salsa, avocado, cheese (cheddar or jack), etc. as desired

Instructions:

1. Preheat oven to 375 degrees Fahrenheit.
2. In a large bowl, combine Beyond Meat crumbles, black beans, red onion, garlic, chili powder, cumin, smoked paprika, salt and pepper. mix until everything is evenly distributed.
3. Place mixture into a single layer on a baking sheet and bake for 20 minutes or until heated through and the ingredients are lightly browned around the edges.
4. Remove from oven and let cool slightly before filling tacos shells with mixture and topping with sour cream, salsa, avocado and cheese of your choice as desired

Spicy Southwest-Style Tacos

RECIPE#21

Ingredients:

- 1 tablespoon olive oil
- 1 red onion, diced
- 3 cloves garlic, minced
- 1 bell pepper, diced
- 1 jalapeño pepper, seeded and minced
- 1 teaspoon chili powder
- 1 teaspoon smoked paprika
- 1/2 teaspoon cumin
- 1/4 teaspoon salt
- 8 ounces ground beef
- 8 soft taco shells
- 1 cup prepared salsa
- 1/4 cup sour cream

Instructions:

In a large skillet over medium heat, heat the oil. Add the onion, garlic, bell pepper, and jalapeño pepper and cook until softened, about 5 minutes. Stir in the chili powder, smoked paprika, cumin, and salt. Cook for 1 minute longer. Raise the heat to high and add the ground beef. Cook until browned and cooked through. Reduce the heat to low and add the taco shells. Cook until warm. Serve with the salsa and sour cream.

RECIPE#22

Ingredients:

- 1 1/2 lbs. ground beef
- 1 small can diced green chilies
- 1 small can diced red chilies
- 1 tsp. chili powder
- 1 tsp. cumin
- 1/2 tsp. garlic powder
- 8 soft taco shells
- Guacamole (optional)
- Shredded cheddar cheese (optional)

Instructions:

- 1) Preheat oven to 375 degrees F (190 degrees C).
- 2) In a large skillet over medium heat, cook the ground beef until it is browned and cooked through. Drain any excess fat.
- 3) Add the green and red chilies, chili powder, cumin, garlic powder, and salt and pepper to taste. Stir until the spices are well mixed in.
- 4) Spoon mixture into the taco shells. Top with guacamole (if desired) and shredded cheese (if desired). Bake for 10 minutes, or until the cheese is melted and bubbly. Serve immediately.

RECIPE#23

Ingredients:

- 1 lb ground beef
- 1 small onion, diced
- 1 green bell pepper, diced
- 2 cloves garlic, minced
- 1 tsp chili powder
- 1 tsp smoked paprika
- 1/2 tsp cumin
- 1/4 tsp salt
- 8oz tomato sauce
- 8oz salsa
- 8 soft taco shells
- 10 small fresh cilantro leaves, chopped

Instructions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large skillet over medium heat, cook the ground beef until browned. Drain any excess fat and remove from heat.
3. Add the onion, bell pepper, garlic, chili powder, smoked paprika, cumin and salt; cook until the vegetables are tender, about 5 minutes.
4. Add the tomato sauce and salsa to the skillet; bring to a boil over high heat. Reduce heat to low and simmer for 10 minutes.
5. Assemble tacos by spooning the beef mixture into the taco shells. Top each taco with a small amount of cilantro leaves and serve immediately.

Refreshing Summertime Fish Tacos

RECIPE#24

Ingredients:

- 1 pound of firm white fish, such as cod or tilapia
- 1/2 a red onion, diced
- 1 bell pepper, diced
- 1/2 a jalapeño pepper, diced
- 1 tablespoon of olive oil
- 1 tablespoon of lime juice
- 1 teaspoon of chili powder
- 1 teaspoon of cumin
- 8 small taco shells (6 inches in diameter)
- Lime wedges for garnish

Instructions:

1. Preheat oven to 425 degrees Fahrenheit.
2. In a large bowl, combine the fish, red onion, bell pepper, jalapeño pepper and olive oil. Season with chili powder and cumin. Gently mix until everything is coated.
3. Transfer mixture to a baking dish and bake for 15 to 20 minutes, until the fish is cooked through.
4. Serve warm in the taco shells with lime wedges for garnish. Enjoy!

RECIPE#25

Ingredients:

- 1 pound of firm white fish, such as cod or tilapia
- 1/2 a red onion, diced
- 1 bell pepper, diced
- 1/2 a jalapeño pepper, diced
- 1 tablespoon of olive oil
- 1 tablespoon of lime juice
- 1 teaspoon of chili powder
- 1 teaspoon of cumin
- 8 small taco shells (6 inches in diameter)
- Lime wedges for garnish

Instructions:

1. Preheat oven to 425 degrees Fahrenheit.
2. In a large bowl, combine the fish, red onion, bell pepper, jalapeño pepper and olive oil. Season with chili powder and cumin. Gently mix until everything is coated.
3. Transfer mixture to a baking dish and bake for 15 to 20 minutes, until the fish is cooked through.
4. Serve warm in the taco shells with lime wedges for garnish. Enjoy!

RECIPE#26

Ingredients:

- 1 pound catfish fillets
- 1/2 cup water
- 1/4 cup white vinegar
- 1 tablespoon olive oil
- 1 small onion, diced
- 1 bell pepper, diced
- 2 cloves garlic, minced
- 1 teaspoon cumin
- 1/4 teaspoon chili powder
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400 degrees F (200 degrees C).
2. In a bowl, combine water and vinegar.
3. Season fish with salt, pepper, cumin and chili powder. Coat in the marinade.
4. Heat olive oil in a large skillet over medium heat. Add onion and bell pepper; cook until softened, about 5 minutes.
5. Add garlic and cook for 1 minute longer.
6. Place fish in the skillet; cook for about 3 minutes per side or until browned and cooked through.
7. Serve with the vegetables and enjoy!

RECIPE#27

Ingredients:

- Taco shells
- Fresh fish of your choice, such as tilapia, salmon, or cod
- Lettuce leaves
- Red onion
- Diced tomatoes
- Cilantro leaves
- Avocado slices
- Shredded cheese
- Hot sauce

Instructions:

1. Start by heating up some tortillas in the oven or on the stove.
2. Fill each taco shell with fresh fish, diced tomatoes, shredded cheese, and cilantro leaves.
3. Top with avocado slices and hot sauce if desired. Enjoy!

Tex-Mex Style Tacos

RECIPE#28

Ingredients:

- 1 pound ground beef
- 1 can black beans, drained and rinsed
- 1 can corn, drained and rinsed
- 1/2 cup salsa
- 8 or 10 taco shells
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped fresh onion
- 1 lime, juiced
- Extra virgin olive oil, for frying

Instructions:

1. Preheat a large skillet over medium heat. Add the ground beef and cook until browned. Drain any excess grease.
2. Add the black beans, corn, salsa, cilantro, and onion to the skillet and stir to combine. Cook until warmed through.
3. Serve the tacos in their taco shells with a squeeze of lime juice on top. Drizzle extra virgin olive oil on top if desired.

RECIPE#29

Ingredients:

- 8 corn tortillas
- 1 can black beans, drained and rinsed
- 1 can diced tomatoes
- 1/2 cup chopped onion
- 1 tsp. chili powder
- 1 tsp. cumin
- Sea salt and pepper, to taste
- Chopped cilantro, for garnish (optional)

Instructions:

1. Preheat oven to 350 degrees F. Grease a baking sheet.
2. Stack the tortillas between sheets of wax paper and freeze for about 30 minutes or until solid.
3. In a large bowl, combine the black beans, tomatoes, onion, chili powder, cumin, salt and pepper.
4. Spread the mixture evenly among the 8 tortillas.
5. Bake for 20 minutes or until heated through and crispy on the outside.
6. Garnish with cilantro if desired and serve warm.

Authentic Street-Style Tacos

RECIPE#30

Ingredients:

- 1 pound ground beef
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 10 corn tortillas
- 6 ounces cheddar cheese, shredded
- 1/2 cup chopped tomatoes
- 1 avocado, diced

Instructions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease a large baking dish with cooking spray and set aside.
2. In a bowl, combine ground beef, chili powder, garlic powder, onion powder, salt and black pepper. Mix well until all ingredients are well combined.
3. Roll the ground beef mixture into 10 balls and place them in the prepared baking dish.
4. Bake for 20 minutes or until warmed through.
5. Meanwhile, heat a tablespoon of oil in a large skillet over medium heat. Add the corn tortillas and cook for 2 minutes per side or until crisp.
6. Assemble tacos by placing 1 ball of cooked ground beef on each tortilla, followed by 1 ounce of shredded cheese, 1 diced avocado and 1 tablespoon of chopped tomatoes. Enjoy!

RECIPE#31

Ingredients:

- 6 soft tortillas
- 1 can black beans, rinsed and drained
- 1 can corn, drained
- 1/2 onion, diced
- 1 clove garlic, minced
- Salt and pepper to taste
- Shredded cheddar cheese
- Sour cream or salsa

Instructions:

1. Preheat a large skillet over medium heat.
2. Warm the tortillas in the skillet for about 30 seconds per side.
3. Spread each tortilla with a layer of black beans, corn, onion, garlic, salt and pepper.
4. Fold the bottom of each tortilla up to cover the filling and then roll them up like a burrito.
5. Place the tacos on a plate and top with shredded cheese and sour cream or salsa as desired.

RECIPE#32

Ingredients:

- 1 lb. ground beef
- 1/2 onion, diced
- 1 green pepper, diced
- 1 can black beans, rinsed and drained
- 1 can corn, drained
- 1 tsp. chili powder
- 1 tsp. cumin
- 8-10 flour tortillas
- Shredded cheese (optional)

Instructions:

1. In a skillet over medium heat, cook the ground beef and onion until the beef is browned. Drain any excess fat.
2. Add the green pepper and black beans to the beef mixture and stir to combine.
3. Season the mixture with chili powder and cumin. Cook for a few minutes until heated through.
4. Warm each tortilla in a dry skillet over medium heat for a few seconds before wrapping the ingredients inside.
5. Serve with shredded cheese if desired. Enjoy!

Fun and Festive Taco Recipes for Kids

RECIPE#33

Ingredients:

- Ground beef
- Shredded lettuce
- Diced tomatoes
- Chopped onions
- Salsa
- Ground black pepper
- Mexican seasoning

Instructions:

1. Preheat oven to 375 degrees F.
2. In a large skillet, cook the ground beef over medium heat until browned. Drain any excess grease and add in the shredded lettuce, diced tomatoes, chopped onions, salsa, and ground black pepper to taste. Mix well and spread onto a baking sheet. Bake for 20 minutes or until heated through. Serve with Mexican seasoning on top. Enjoy!

RECIPE#34

Ingredients:

- 1 can refried black beans
- 1 can corn
- 1/2 packet taco seasoning
- 8-10 small soft tacos shells
- 1/2 cup diced avocado
- 1 lime, cut into wedges
- Cilantro, for garnish (optional)

Instructions:

1. Preheat oven to 350 degrees F.
2. In a medium bowl, combine refried black beans, corn, taco seasoning and 1/4 cup water.
3. Spread mixture into the taco shells.
4. Top with diced avocado and lime wedges.
5. Garnish with cilantro, if desired.

RECIPE#35

Ingredients:

- Ground beef
- Can of black beans
- Taco shells
- Cilantro
- Lime wedges
- Shredded cheese
- Sour cream
- Hot sauce

Instructions:

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a large skillet, cook the ground beef over medium heat until browned.
3. Add the black beans and cook for 3 minutes more.
4. Place the taco shells on a baking sheet and fill with the beef mixture and cilantro.
5. Squeeze lime over the tacos and top with shredded cheese and sour cream. Serve with hot sauce on the side for those who like it spiced up!

RECIPE#36

Ingredients:

- Ground beef
- Shredded cheese
- Taco shells
- Salsa
- Green onions
- Lime wedges

Instructions:

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a large skillet over medium heat, cook the ground beef until browned.
3. Add the shredded cheese and continue cooking until the cheese is melted.
4. Spoon the mixture into taco shells and top with salsa and green onions.
5. Serve with lime wedges for squeezing over the tacos.

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