



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

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



<?xml version="1.0"?>

TIME

7-10 minutes

INGREDIENTS

14 items

MAKES

3 servings

Everyone loves taco night! With this wholesome and delicious version, packed with nutritious plants, you can enjoy tacos even more often and still feel taco-rrific.

SHARE

- [Pinterest \(opens in new window\)](#)
- [Facebook \(opens in new window\)](#)
- [Twitter \(opens in new window\)](#)
- [Download \(opens in new window\)](#)
- [Print \(opens in same window\)](#)

## INGREDIENTS

- Taco ingredients:
- 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
- Ben's Original™ 10 Medley Smoky Southwest, cooked in microwave
- 1 cup prepared tomato salsa
- Fresh Cilantro, for garnish
- Avocado Crema ingredients:
- 1 ripe avocado
- ¼ cup cilantro, washed
- 1 Tbsp. olive oil
- ½ tsp. brown rice vinegar\*
- 1/8 tsp. salt
- 1/8 tsp. black pepper
- \*You can substitute apple cider vinegar for brown rice vinegar

## INSTRUCTION

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 in 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. 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

### DESCRIPTION AMOUNT PER SERVING

- Calories 580
- Carbohydrates (g) 60 g
- Dietary Fiber (g) 10 g
- Protein (g) 23 g
- Total Fat (g) 29 g
- Sodium (mg) 520 mg

*Optional ingredients are not included in nutrition.*

## ALLERGIES

Wheat

## More Recipes Like This



### [Chicken Fried Rice](#)

Cooking time

25 min

Ingredients

9 items

[SEE DETAILS](#)



### [Chili Con Carne](#)

Cooking time

40 min

Ingredients

13 items

[SEE DETAILS](#)



## **Korean Bibimbap**

Cooking time

40 min

Ingredients

17 items

[SEE DETAILS](#)



## **Pork and Shrimp Fried Rice**

Cooking time

40 min

Ingredients

9 items

[SEE DETAILS](#)

---

**Source URL:**

*<https://ca.bensoriginal.com/recipes/smoky-southwest-tacos-bens-original-10-medley>*