

# 3 Tasty Taco Recipes

## **BREAKFAST TACOS**

Serves 1

### ***Ingredients:***

2 corn tortillas  
2 eggs  
Coconut oil spray  
1 cup fresh spinach  
1 tbsp fresh basil, chopped  
¼ cup cherry tomatoes, sliced  
2 tbsp almonds, slivered  
Cholula to taste

### ***Directions:***

In a small bowl, whisk together eggs.

Spray a non-stick pan with coconut oil.

Place eggs in hot pan, begin to lightly scramble, add spinach, basil and tomatoes.

Add almonds if desired.

To serve, split egg scramble between 2 warmed tortillas.

Drizzle hot sauce to taste.

## **FISH TACOS**

Serves 8

### ***Ingredients:***

1 ½ lb skinless mahi mahi cut into 6 (4 oz.) pieces  
Zest & juice of 2 limes  
3 cloves garlic, chopped  
1/3 cup cilantro, chopped  
2 tbsp olive oil  
Kosher salt & fresh ground pepper

### ***Directions:***

Mix lime juice, lime zest, garlic, cilantro, and olive oil together. Toss mahi mahi pieces with marinade and let side for at least 20 minutes and up to an hour.

Season fish with kosher salt and pepper. Place on pre-heated, oiled grill or grill pan over medium-high heat and cook about 3-4 minutes per side- or until just cooked through. Remove fish and cover with foil.

When ready to serve, coarsely shred mahi mahi. Serve with corn tortillas, cabbage, apple slaw, and chipotle crema.

## **RED CHILI BEEF TACOS**

Serves 8-10

### ***Ingredients:***

4 cups low sodium beef broth  
1 onion, cut into chunks  
6 garlic cloves, peeled  
3 oz. dried California or New Mexico chilies (about 12),  
stemmed, seeded & rinsed  
2 tbsp cumin  
1 tbsp oregano  
½ tsp cinnamon  
1 (3 ½ -4 lb chuck roast) tied & patted dry  
Kosher salt & fresh ground pepper  
2 tbsp canola oil

### ***Directions:***

Preheat oven to 325 degrees.

Heat 2 cups of broth until very hot. Place chilies in a blender and cover with hot broth. Let set 5 minutes to soften. Add onion, garlic, cumin, oregano, and cinnamon to blender and purée until smooth.

Season beef with kosher salt and pepper on all sides. Heat oil in a large pot with lid or Dutch oven until very hot. Brown the roast on all sides, turning with a meat fork. When browned, pour chili mixture over beef and add remaining broth to come about half way up the roast. Bring liquid to boil, cover and transfer to oven.

Bake about 3 ½ hours or until beef is very tender, turning once while cooking. Transfer the roast to a cutting board. Spoon off fat from pot and boil remaining liquid, stirring frequently, until slightly reduced for about 5 minutes.

When cool enough to handle, shred beef, removing excess fat and mix with sauce.

Serve with corn tortillas, radish salsa and crumbled cotija cheese.