

Chicken Tacos

Authentic Mexican chicken tacos with seasoned shredded chicken, crispy corn tortillas, and fresh toppings. Easy 40-minute recipe serves 8.

15	25	40	8	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Chicken Tacos

Ingredients

- 4 chicken meat
- 8 corn tortilla
- 3 tbsp olive oil
- 1 cup water
- 1 tsp rock salt
- 1 tsp black pepper
- 1 tsp oregano
- 2 tsp chili powder
- 2 tsp cumin
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp cayenne pepper
- 1 red onion
- 4 tomato
- 1 avocado
- 1 lemon

Instructions

- 1 Prepare the workspace**
Preheat oven to 163°C (325°F). Gather all ingredients and equipment.
- 2 Cook the aromatics**
Heat 3 tablespoons olive oil in a large skillet over medium heat until shimmering, about 2 minutes.
- 3 Add diced onion and diced tomatoes to the hot oil.** Cook, stirring occasionally, until onions are soft and translucent and tomatoes begin to break down, 10-12 minutes.
- 4 Season and cook the chicken**
Add 4 chicken breasts (cut into bite-sized pieces), 1 teaspoon salt, 1 teaspoon garlic powder, 1 teaspoon black pepper, 2 teaspoons chili powder, 2 teaspoons cumin, 1 teaspoon paprika, and 1 teaspoon cayenne pepper to the skillet.

- 5 Increase heat to medium-high and cook, stirring frequently and breaking chicken into smaller pieces with a wooden spoon, until chicken is cooked through and no pink remains, 8-10 minutes.
- 6 **Add liquid and simmer**
Pour in 1 cup tomato sauce and 1 cup water, stirring to combine all ingredients thoroughly.
- 7 Reduce heat to low and simmer, stirring occasionally, until mixture thickens to a saucy consistency that coats the back of a spoon, 12-15 minutes.
- 8 Stir in chopped fresh cilantro and taste for seasoning, adjusting salt and spices as needed.
- 9 **Prepare the tortillas**
Arrange 8 tortillas on a large baking sheet in a single layer, overlapping slightly if necessary.
- 10 Bake tortillas for 6-7 minutes until edges are golden and tortillas are crisp but still pliable.
- 11 **Assemble and serve**
Fill each warm tortilla with the seasoned chicken mixture, dividing evenly among the 8 tortillas.
- 12 Top each taco with diced avocado and a dollop of sour cream. Serve immediately with lime wedges for squeezing over tacos.

Tips

Use boneless, skinless chicken thighs instead of breasts for more flavorful and tender meat that's harder to overcook.

Toast your spices in a dry pan for 30 seconds before adding them to intensify their flavors and create a more complex taste profile.

Warm tortillas properly by heating them in a dry skillet for 30 seconds per side or wrapping them in damp paper towels and microwaving for 30 seconds.

Don't skip the tomato and onion sauté step – this creates the flavorful base that makes the difference between good and great tacos.

Let the chicken filling rest for 5 minutes after cooking to allow the flavors to meld and the sauce to thicken slightly.

Prepare toppings in advance and set up a taco bar so everyone can customize their tacos to their preference.

Save some cooking liquid when shredding the chicken – it can be used to moisten the filling if it becomes dry during storage.

For extra crispy tortillas, lightly brush them with oil before baking instead of using cooking spray.