

Gluten-Free Hard Shell Tacos

Servings: About 8 – 10 tacos

Prep time: 15 minutes

Cook time: 20 – 25 minutes

Ingredients:

For the Filling (Choose one or a combination):

- 1 lb ground beef, turkey, or chicken
- 1 lb shredded chicken (rotisserie chicken works great!)
- 1 lb fish (tilapia, cod, or mahi-mahi), cooked and flaked
- 1 lb shrimp, cooked
- Vegetarian option: 1 (15 oz) can black beans, rinsed and drained, mashed with a fork

Taco Seasoning:

- 2 tablespoons chili powder (gluten-free)
- 1 teaspoon cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon cayenne pepper (optional, for heat)
- Salt and pepper to taste

Hard Taco Shells

- Corn hard taco shells

Toppings (Get creative!):

- Shredded lettuce
- Chopped tomatoes
- Diced red onion
- Shredded cheddar cheese (or your favorite cheese)
- Salsa
- Guacamole
- Sour cream (or Greek yogurt)
- Chopped cilantro
- Lime wedges

Directions:

Step 1

Prepare the Filling:

- **Ground meat:** Brown the ground meat in a skillet over medium heat, breaking it up with a spoon. Drain off any excess grease. Stir in the taco seasoning and a little water (about 1/4 cup) and simmer for a few minutes.
- **Shredded chicken:** If using rotisserie chicken, shred it. Otherwise, cook chicken breasts and then shred. Toss with taco seasoning.
- **Fish or shrimp:** Cook according to package instructions (pan-fried, baked, or grilled). Flake or chop and toss with taco seasoning.
- **Vegetarian:** Heat the mashed black beans in a skillet with the taco seasoning.

Step 2

Warm the Taco Shells: Warm the hard taco shells according to package instructions. Usually, this involves a quick bake in the oven to crisp them up.

Step 3

Assemble the Tacos: Fill each taco shell with your chosen filling and desired toppings.

Step 4

Serve: Serve immediately with lime wedges.

Tips and Variations

- **Spice it Up:** Adjust the amount of cayenne pepper or add a few dashes of hot sauce for extra heat.
- **Make Ahead:** You can prepare the filling ahead of time and store it in the refrigerator for up to 3 days. Reheat before serving.
- **Customize:** This recipe is very versatile. Use your favorite combinations of fillings and toppings to create your own unique tacos.

Important Note

- While corn taco shells are usually gluten-free, it's always a good idea to check the label just in case.
- Double-check the labels of all other ingredients (like taco seasoning, sauces, and toppings) to ensure they are certified gluten-free.