

gluten free southwest chicken taco bowls

Andrew requested taco bowls. I was exhausted. This is what happened!

gluten free | dairy free option | nut free

serves 2 large as is | serves 4 over rice | prep 5 min | cook 25 min | one pan

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Ingredients

- 1 lb ground chicken (or ground turkey or ground beef)
- 1 white onion, diced
- 1/2 green bell pepper, diced
- 1/2 red bell pepper, diced
- 3 tbsp Harmony Blends southwest seasoning (or any certified gluten free taco or fajita seasoning)
- 1/2 cup Tostitos chunky salsa (labeled gluten free)
- Frozen, microwavable, or cooked rice for serving (about 1 cup per serving)
- 1 cup Mexican cheese blend (or dairy free Mexican cheese shreds)
- Drizzle of olive oil

For the chipotle mayo drizzle:

- 3 to 4 tbsp Stonewall Kitchen chipotle mayo
- 1 tbsp water

Directions

1. Start your rice now so it is ready when the chicken is done. Frozen or microwavable rice is the fastest and easiest option!
2. Heat a drizzle of **olive oil** in a large pan over medium heat. Add **1 diced white onion**, **1/2 diced green bell pepper**, and **1/2 diced red bell pepper**. Saute for 3 to 4 minutes until fully softened.
3. Add **1 lb ground chicken** and **3 tbsp southwest seasoning** to the pan. Cook, breaking the meat up into small pieces, until fully browned with no pink remaining.
4. Stir in **1/2 cup salsa** and let everything cook together for 2 to 3 more minutes until the salsa is warmed through and coats everything in the pan.
5. In a small bowl mix **3 to 4 tbsp chipotle mayo** with **1 tbsp water** and stir until thin enough to drizzle.
6. Serve the chicken mixture over rice. Top with **Mexican cheese blend** and drizzle the chipotle mayo generously over everything. Add any extra toppings you love and enjoy immediately!

Make It, Save It, Reheat It

- ▶ **Fridge:** Store in an airtight container for up to 2 to 3 days. Great for next day lunch and reheats SO quickly in the microwave!
- ▶ **Freeze:** Store in a freezer safe airtight container for up to 3 months. Thaw overnight in the fridge before reheating.
- ▶ **Reheat:** Warm in a skillet on the stovetop or in the oven. Microwave is perfect for individual portions — add a small splash of water if it looks dry and stir halfway through!
- ▶ **Meal prep tip:** Make the full batch on Sunday and portion into containers with rice for easy lunches all week. Tastes just as good on day three!

Celiac Safety Reminder

- ▶ **Seasoning:** Always check your seasoning blend label. Southwest, taco, and fajita seasonings can all contain hidden gluten. Make sure yours is labeled certified gluten free before it goes in the pan!

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