

Southwestern Egg rolls

Ingredients

For Smoked Chicken

- 8 ounces cooked Grilled chicken breast
- 6- 10 drops Liquid smoke
- 1 teaspoon oil or as needed
- 1-2 teaspoons of Taco season

For Filling

- 1 teaspoon oil
- ¼ cup minced red bell peppers
- ¼ cup minced green onions
- ½ cup frozen corn
- ½ cup canned black beans
- ¼ cup frozen spinach
- 2 teaspoons pickled jalapeno peppers
- 1 teaspoon taco seasoning
- ¾ cup shredded monterey jack cheese
- 8 7-inch flour tortillas

For Avocado Ranch

- 1 cup buttermilk ranch
- 4oz of wholly guacamole or guacamole

Directions

1. Season grilled chicken with liquid smoke, salt and black pepper. Use oil as needed. Cook on a medium for 5-7 minutes on each side. Chop into small pieces. Set chicken to the side.
2. Saute red pepper until just tender. Add the green onion, corn, black beans, spinach, and jalapenos to the mixture. Add taco seasoning. Heat thorough.
3. Place equal portions of filling on the tortillas, equal portions of chicken, and top with cheese. Fold in the ends of the tortilla and roll up. Make sure to roll the tortillas very tight. Pin with toothpicks to secure.
4. In a large pot, add enough vegetable oil to cover the bottom of the pan by 4 inches. Heat to 350 degrees and begin to deep fry the egg rolls until golden brown. It will take around 7-8 minutes. Remove from oil and place on wire rack.

5. Prepare avocado ranch by mixing mayo, buttermilk, and add in a package of ranch dressing mix. Add in avocados. Pulse inside a blender until well blended.