



## **Grilled Chicken Taco's**

**Serves 3-4**

### **Ingredients:**

1 1/2 Lbs of Chicken Breast and/or Chicken Thighs  
3 Tbsp Canola Oil  
2 Tbsp Milford's Mexican Blast  
2 Cans No Salt Added Black Beans  
1 Jalapeño, Minced  
1/3 Onion, Minced  
2 Cloves of Garlic, Minced  
1 Tsp Milford's Mexican Blast

Corn Tortillas  
Sour Cream or Crema  
Cheese  
Avocado

### **Preparation:**

Several hours prior to starting your dinner, place the chicken in a large ziplock bag and add the canola oil and 2 tbsp of Milford's Mexican Blast. Massage to ensure that it is evenly distributed and place bag in refrigerator for 2-6 hours.

When ready, remove chicken from fridge and discard any remaining marinade. Grill on medium-high heat for about 6 minutes per side or until meat thermometer reads 165°. Set aside.

While the chicken is grilling, let's make the beans. Super easy and very flavorful. Rinse the black beans to remove the starchy liquid that it comes in. Add to a sauce pan with enough fresh water to just cover the beans. To this, add the onion, garlic, jalapeño and 1 tsp of Milford's Mexican Blast. Give it a stir and let simmer for around 20 minutes until slightly thickened.

As the beans are making their magic, heat up the corn tortillas. I love cooking them over a flame so either on the stove top or the grill. Cook for about 15-20 seconds per side till they puff up and get char marks. Set in a towel to keep warm as you continue to make more.

When ready to serve, slice the chicken. Assemble taco's with your favorite toppings and Enjoy!

I served this with our Mexican Rice.