

# Tex-Mex Chicken Fajitas Bowls... or Tacos

Serves 4

## ***Ingredients***

For the fajitas seasoning (makes 1/2 cup)

- 2 tablespoons Chili powder
- 2 teaspoons cumin
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons sea salt
- 2 teaspoons black pepper
- 2 tablespoons paprika
- 1/4 teaspoon or more cayenne pepper
- 2 teaspoons oregano

For the tomato and onion salsa

- 1-2 Roma tomatoes, deseeded and diced
- 1-2 tablespoons diced onions
- Juice from 1/2 lime
- 1 teaspoon olive oil
- Salt and pepper to taste

For the guacamole

- 2-3 medium ripe avocados, pitted and peeled
- Juice of 1 lime
- 2 tablespoons diced onions
- 1 dash garlic powder or to taste
- Salt and pepper to taste

For the chicken

- 1 pound boneless chicken breasts, cut in thin strips
- 3 cups cooked brown rice, about 3/4 cup per serving
- 2 bell peppers, deseeded and cut into strips
- 1 Spanish onion or large red onion, half and sliced
- 1-2 garlic cloves, minced
- Olive oil
- Salt and pepper to taste
- 1 cup shredded Tex-Mex cheese
- Soft tortillas (if making tacos)

## ***Directions***

### For the fajitas seasoning

1. Mix all the seasoning ingredients in a small bowl. Store in an airtight container.

### For the salsa

1. In a bowl mix all the ingredients and set aside. Taste and adjust seasoning with salt and pepper.

### For the guacamole

1. In a bowl, add the flesh of the avocados. Mash them with a potato masher or fork until almost smooth
2. Add the onions and garlic. Stir to combine.
3. Season with salt and pepper to taste.

### For the chicken and vegetables

1. Place the chicken in a resealable bag such as a Ziplock or a shallow container
2. Add 3 tablespoons of the fajitas seasoning. Coat the chicken with the seasoning well. Let marinate for 30 minutes or up to 2 hours in the refrigerator.
3. In a cast-iron skillet grill or griddle, warm the olive oil, taking care of coating the pan evenly, over medium-high heat. Add the chicken strips and fry about 2 minutes per side until well cooked. Work in small batches, taking care of not overcrowding the pan. Transfer the cooked chicken to a plate and cover with foil to keep warm.
4. In another non-stick skillet, warm 1 ½ tablespoons of olive oil over medium heat.
5. Add onion and stir fry for 1 minute. Add minced garlic and peppers and continue stir-frying for 3-5 minutes, or until vegetables are tender. Season with salt and pepper to taste
6. Transfer to a serving plate.

### To assemble

7. To serve, bring the warm rice, chicken, salsa, guacamole, and vegetables to the table and let everyone make their bowl according to their preferences.
8. Typically, add the rice at the bottom of each bowl, then the vegetables, chicken strips, shredded Tex-Mex cheese, and top with tomato salsa and spoonfuls of guacamole evenly between 4 shallow bowls. Serve and dig in!
9. Alternatively, you can serve with soft tortillas and make tacos. Just cover the tortillas in foil and warm in the oven at 350°F for 10 minutes. To make each taco, add cheese, chicken, veggies, guacamole, and salsa and fold.

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