

RESTAURANT-STYLE TACO RICE BOWL

(EASY 30-MINUTE DINNER)

PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
TOTAL TIME: 30 MINUTES
SERVINGS: 4

INGREDIENTS

TACO MEAT

- 1 POUND LEAN GROUND BEEF (90/10 OR LEANER)
- 1 TABLESPOON OLIVE OIL (OPTIONAL IF USING VERY LEAN MEAT)
- 1 SMALL ONION, DICED
- 2 CLOVES GARLIC, MINCED
- **1 PACKET TACO SEASONING (OR HOMEMADE SEASONING PAGE 2.)**
- ½ CUP WATER

RICE

- 3 CUPS COOKED RICE (*CHOOSE YOUR FAVORITE*)
- JASMINE RICE
- BROWN RICE
- WILD RICE BLEND
- QUINOA (OPTIONAL)
- CAULIFLOWER RICE (LOW-CARB)
- TOPPINGS
- 1 CUP SHREDDED CHEDDAR OR MEXICAN BLEND CHEESE
- 1 CUP SHREDDED LETTUCE
- 1 CUP DICED TOMATOES
- ½ CUP DICED RED ONION
- 1 AVOCADO, SLICED
- ½ CUP SOUR CREAM OR PLAIN GREEK YOGURT
- SALSA OR PICO DE GALLO
- FRESH CILANTRO
- LIME WEDGES
- JALAPEÑOS (OPTIONAL)

ESTIMATED NUTRITION FACTS

- CALORIES: 525
- PROTEIN: 31 G
- CARBOHYDRATES: 36 G
- FIBER: 5 G
- SUGARS: 4 G
- TOTAL FAT: 28 G
- SATURATED FAT: 8 G
- CHOLESTEROL: 85 MG
- SODIUM: 690 MG

NUTRITION HIGHLIGHTS

- ✓ GOOD SOURCE OF PROTEIN TO HELP KEEP YOU FEELING SATISFIED.
- ✓ PROVIDES FIBER FROM FRESH VEGETABLES, AVOCADO, AND YOUR CHOICE OF RICE.
- ✓ RICH IN HEALTHY FATS WHEN TOPPED WITH FRESH AVOCADO.
- ✓ EASILY CUSTOMIZED WITH BROWN RICE, QUINOA, OR CAULIFLOWER RICE FOR DIFFERENT NUTRITION GOALS.
- ✓ ADD BLACK BEANS OR PINTO BEANS FOR EVEN MORE FIBER AND PLANT-BASED PROTEIN.

MAKE IT LIGHTER

- USE LEAN GROUND TURKEY OR GROUND CHICKEN.
- REPLACE SOUR CREAM WITH PLAIN GREEK YOGURT.
- CHOOSE REDUCED-FAT CHEESE OR USE A SMALLER AMOUNT.
- SERVE OVER CAULIFLOWER RICE FOR A LOWER-CARBOHYDRATE OPTION.
- LOAD UP ON EXTRA LETTUCE, TOMATOES, AND FRESH VEGETABLES FOR ADDED VOLUME AND NUTRIENTS.

ANTI-INFLAMMATORY TIPS

FOR AN ANTI-INFLAMMATORY TWIST, TRY THESE SIMPLE SWAPS:

- CHOOSE GRASS-FED LEAN GROUND BEEF, TURKEY, OR CHICKEN.
- SERVE OVER BROWN RICE, WILD RICE, OR QUINOA FOR ADDITIONAL FIBER AND NUTRIENTS.
- TOP WITH FRESH AVOCADO FOR HEART-HEALTHY FATS.
- ADD EXTRA TOMATOES, CILANTRO, AND LEAFY GREENS.
- FINISH WITH A SQUEEZE OF FRESH LIME JUICE FOR BRIGHT, FRESH FLAVOR.



RESTAURANT-STYLE HOMEMADE SEASONING MIX

INSPIRED BY THE CLASSIC CHI-CHI'S® RESTAURANT SEASONING MIX

THIS HOMEMADE SEASONING BLEND IS INSPIRED BY THE MILD, SAVORY FLAVOR OF THE CLASSIC CHI-CHI'S® RESTAURANTE SEASONING MIX. IT'S MADE WITH SIMPLE PANTRY INGREDIENTS, CONTAINS NO PRESERVATIVES, AND HAS BECOME MY FAVORITE SEASONING FOR TACO BOWLS, BURRITOS, NACHOS, TACO SALADS, CASSEROLES, AND EVEN MY HOMEMADE MEXI RANCH DRESSING.

PREP TIME: 5 MINUTES

MAKES: ABOUT 4 TABLESPOONS

INGREDIENTS

- 1 TABLESPOON DRIED GREEN BELL PEPPER FLAKES
- 2 TEASPOONS DRIED MINCED WHITE ONION
- 2 TEASPOONS GARLIC POWDER
- 2 TEASPOONS GROUND CUMIN
- 1 TEASPOON ONION POWDER
- 1 TEASPOON DRIED CILANTRO
- ½ TEASPOON MORTON KOSHER SALT
- ½ TEASPOON MEXICAN OREGANO (OR REGULAR OREGANO)
- ¼ TEASPOON DRIED CRUSHED JALAPEÑO PEPPER
- ¼ TEASPOON BLACK PEPPER
- 1 PINCH CAYENNE PEPPER
- 1 PINCH CRUSHED RED PEPPER FLAKES

OPTIONAL TRADITIONAL TACO FLAVOR IF YOU PREFER A MORE TRADITIONAL TACO SEASONING FLAVOR, STIR IN:

- 1–2 TEASPOONS CHILI POWDER

I PERSONALLY LEAVE IT OUT BECAUSE I ENJOY THE Milder RESTAURANT-STYLE FLAVOR, BUT ADDING CHILI POWDER CREATES A MORE CLASSIC TACO SEASONING PROFILE.

INSTRUCTIONS

MIX THE SEASONING

COMBINE ALL INGREDIENTS IN A SMALL BOWL OR SPICE JAR.

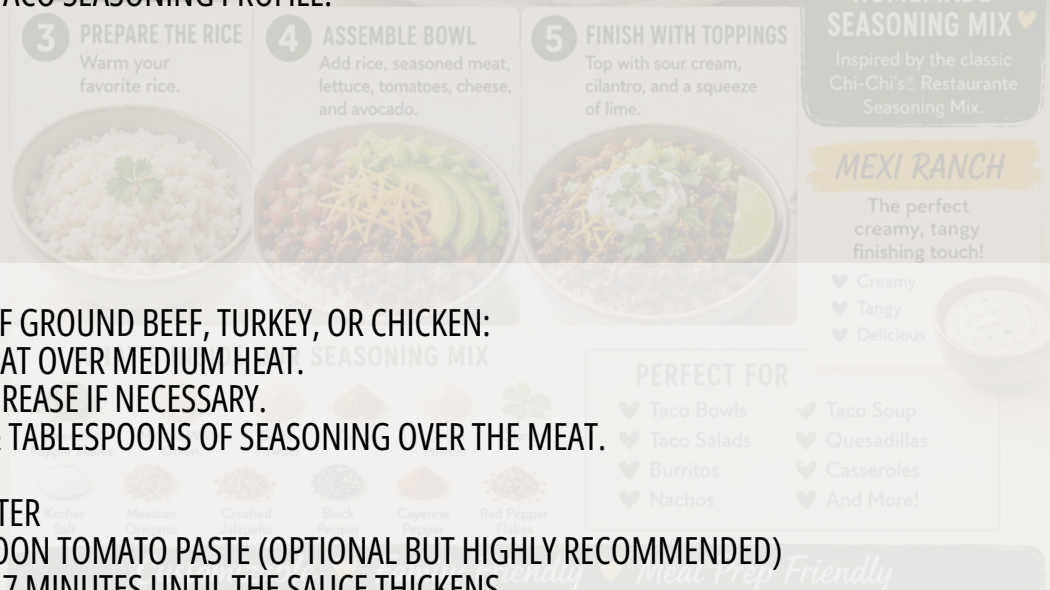
STIR OR SHAKE UNTIL EVENLY BLENDED.

STORE IN AN AIRTIGHT CONTAINER IN A COOL, DRY PANTRY FOR UP TO 6 MONTHS.

HOW I USE IT

FOR 1 POUND OF GROUND BEEF, TURKEY, OR CHICKEN:

1. BROWN THE MEAT OVER MEDIUM HEAT.
2. DRAIN EXCESS GREASE IF NECESSARY.
3. SPRINKLE 2–2½ TABLESPOONS OF SEASONING OVER THE MEAT.
4. ADD:
 - ½ CUP WATER
 - 1 TABLESPOON TOMATO PASTE (OPTIONAL BUT HIGHLY RECOMMENDED)
5. SIMMER FOR 5–7 MINUTES UNTIL THE SAUCE THICKENS.



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- WHY I LOVE THIS BLEND
- UNLIKE MANY TACO SEASONING PACKETS, THIS SEASONING LETS THE FLAVORS OF GARLIC, ONION, HERBS, AND GREEN PEPPERS SHINE THROUGH. IT CREATES A MILD, SAVORY TASTE THAT'S PERFECT FOR THE WHOLE FAMILY WHILE STILL BEING INCREDIBLY FLAVORFUL.



MEXI RANCH DRESSING

PERFECT FOR TACO BOWLS, SALADS, FRIES, BURGERS, WRAPS, CHICKEN, AND VEGETABLES.

READY IN:

10MINS

INGREDIENTS:

SERVES: 4

- ½ CUP SOUR CREAM
- 1 PACKET HIDDEN VALLEY ORIGINAL RANCH SEASONING MIX (DRY MIX)
- ¼ CUP MILD SALSA
- 1 TEASPOON RESTAURANT-STYLE HOMEMADE SEASONING MIX
- SALT
- PEPPER

ESTIMATED NUTRITION (PER SERVING)

NUTRITIONAL VALUES ARE APPROXIMATE AND MAY VARY DEPENDING ON THE BRANDS AND INGREDIENTS USED.

SERVING SIZE: 1 SERVING (ABOUT 75 G)

NUTRITION AT A GLANCE

- CCALORIES: 105
- PROTEIN: 1 G
- CARBOHYDRATES: 4 G
- FIBER: LESS THAN 1 G
- SUGARS: 2 G
- TOTAL FAT: 10 G
- SATURATED FAT: 3 G
- CHOLESTEROL: 15 MG
- SODIUM: 300 MG

YOUR PARAGRAPH TEXT

HELPFUL TIP

FOR THE BEST FLAVOR, REFRIGERATE FOR 30–60 MINUTES BEFORE SERVING TO ALLOW THE SEASONINGS TO BLEND TOGETHER.

RESTAURANT-STYLE TACO BOWLS

READY IN: 10MINS

INGREDIENTS:

SERVES: 4

- ½ CUP SOUR CREAM
- 1 PACKET HIDDEN VALLEY ORIGINAL RANCH SEASONING MIX (DRY MIX)
- ¼ CUP MILD SALSA
- 1 TEASPOON RESTAURANT-STYLE HOMEMADE SEASONING MIX
- SALT
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FOR THE BEST FLAVOR, REFRIGERATE FOR 30–60 MINUTES BEFORE SERVING TO ALLOW THE SEASONINGS TO BLEND TOGETHER.

2 ADD SEASONING
Stir in Restaurant-Style Seasoning Mix + water.

3 PREPARE THE RICE
Warm your favorite rice.

4 ASSEMBLE BOWL
Add rice, seasoned meat, lettuce, tomatoes, cheese, and avocado.

5 FINISH WITH TOPPINGS
Top with sour cream, cilantro, and a squeeze of lime.

MADE WITH Restaurant-Style HOMEMADE SEASONING MIX
Inspired by the classic Chi-Chi's® Restaurante Seasoning Mix.

MEXI RANCH
The perfect creamy, tangy finishing touch!

- ♥ Creamy
- ♥ Tangy
- ♥ Delicious

WHAT'S INSIDE OUR SEASONING MIX

- Green Bell Pepper Flakes
- Minced White Onion
- Garlic Powder
- Cumin
- Onion Powder
- Cilantro
- Kosher Salt
- Mexican Oregano
- Crushed Jalapeño
- Black Pepper
- Cayenne Pepper
- Red Pepper Flakes

PERFECT FOR

- ♥ Taco Bowls
- ♥ Taco Salads
- ♥ Burritos
- ♥ Nachos
- ♥ Taco Soup
- ♥ Quesadillas
- ♥ Casseroles
- ♥ And More!

Customizable ♥ Family Friendly ♥ Meal Prep Friendly



FREQUENTLY ASKED QUESTIONS

IS THIS A COPYCAT CHI-CHI'S® RESTAURANTE SEASONING MIX?

THIS RECIPE IS INSPIRED BY THE CLASSIC GREEN PACKET OF CHI-CHI'S® RESTAURANTE SEASONING MIX THAT MANY FAMILIES REMEMBER. WHILE IT ISN'T THE ORIGINAL RECIPE, IT RECREATES THAT SAME MILD, SAVORY FLAVOR USING SIMPLE PANTRY INGREDIENTS.

WHY DOESN'T THIS SEASONING CONTAIN CHILI POWDER?

TRADITIONAL TACO SEASONING RELIES HEAVILY ON CHILI POWDER FOR ITS BOLD FLAVOR. THIS RESTAURANT-STYLE BLEND FOCUSES MORE ON GARLIC, ONION, HERBS, CUMIN, AND GREEN PEPPERS FOR A Milder, MORE VERSATILE SEASONING. IF YOU ENJOY A STRONGER TACO FLAVOR, SIMPLY ADD 1–2 TEASPOONS CHILI POWDER.

CAN I MAKE THIS SPICY?

ABSOLUTELY.

INCREASE THE:

- CRUSHED JALAPEÑO
- CAYENNE PEPPER
- CRUSHED RED PEPPER FLAKES

TO SUIT YOUR TASTE.

WHAT CAN I USE THIS SEASONING ON?

THIS SEASONING IS DELICIOUS IN:

- TACO RICE BOWLS
- BURRITOS
- TACO SALADS
- NACHOS
- TACO SOUP
- QUESADILLAS
- STUFFED PEPPERS
- MEXICAN CASSEROLES
- GROUND TURKEY
- CHICKEN
- SHRIMP
- ROASTED VEGETABLES

CAN I USE THIS TO MAKE MEXI RANCH?

YES!

THIS SEASONING IS THE SECRET INGREDIENT IN MY HOMEMADE MEXI RANCH DRESSING, GIVING IT THAT FAMILIAR RESTAURANT FLAVOR WITHOUT RELYING ON STORE-BOUGHT TACO SEASONING PACKETS.

STORAGE

STORE IN AN AIRTIGHT SPICE JAR FOR UP TO 6 MONTHS IN A COOL, DRY PANTRY.

SIMPLE LIFE MEALS TIP

I ALMOST NEVER BUY TACO SEASONING PACKETS ANYMORE. THIS HOMEMADE BLEND HAS BECOME ONE OF MY FAVORITE PANTRY STAPLES BECAUSE IT'S EASY TO MIX, FULL OF FLAVOR, AND WORKS IN SO MANY RECIPES. I USE IT IN MY IRRESISTIBLE TACO RICE BOWL, HOMEMADE MEXI RANCH DRESSING, TACO SALADS, NACHOS, CASSEROLES, AND MORE.

MEAL PREP TIPS

RIGHT AFTER THE FAQ SECTION:

INCLUDE:

- REFRIGERATE UP TO 4 DAYS.
- FREEZE TACO MEAT UP TO 3 MONTHS.
- KEEP TOPPINGS SEPARATE.
- ADD AVOCADO JUST BEFORE SERVING.

