 Got Questions?

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Chorizo and Potato Tacos (Air fried)

Makes 4 servings

Let’s make some easy potato and chorizo tacos!

This is a gluten free recipe provided that your corn tortillas are 100%corn \*

**INGREDIENTS-**

Tacos:

1/2 lb. Mexican chorizo or vegan chorizo

3 medium potatoes cooked and mashed (or small cubed)

1 big garlic clove, minced or 1/4 tsp powder.

⅛ tsp salt

1/8 ground black pepper

10 -6" (15-cm) corn tortillas, warmed

Avocado Oil for spritzing

**Citrus-Cilantro Crema Sauce:**

¾ cup (175 mL) sour cream

2 oz. (60 g) queso fresco or farmer cheese

½ tsp (2 mL) chipotle rub seasoning

Juice of 1/2 of a lime or 2 drops of [lime vitality essential oil\*\*](https://www.gabrielafloresmoncada.com/aromatherapy)

[1 drop fresh cilantro vitality essential oil](https://www.gabrielafloresmoncada.com/aromatherapy)

Garnish:

¼ cup (60 mL) fresh cilantro leaves for garnish

1/2 cup scallions, chopped for garnish

**DIRECTIONS:**

Cook chorizo on a skillet, drain fat

Add mashed potatoes, garlic, salt and pepper

Mix well

Fill corn tortillas with about 1/4 cup of the filling

Spray the tortillas with avocado oil

Bake them in the air fryer at 350 F for 12-14 min, turning them halfway\*\*\*

Serve with the crema mix and garnish with green scallions and cilantro.

Enjoy!!

Maybe pair them with a margarita cocktail or mocktail with a drop of [lime Vitality essential oil ☺](https://www.gabrielafloresmoncada.com/aromatherapy)

\*check your nutritional labels to make sure there are no additives in the chorizo and chipotle rub that may contain gluten

\*\*I only use Young Living essential oils which are FDA approved for oral intake.

\*\*\*Or fry them on a skillet with very little oil in a medium skillet.

Don’t forget to share your finished recipe on social media and tag [@cookingsimplywithgaby](https://www.instagram.com/cookingsimplywithgaby/)

A logo with a butterfly and a person

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