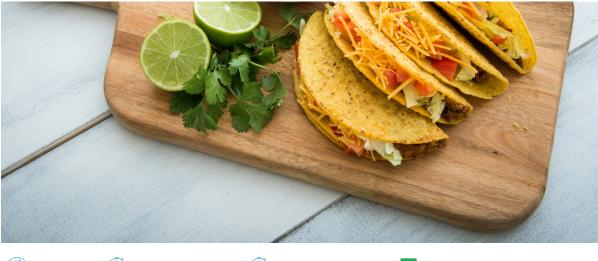
Low FODMAP Tacos



Serves: 6 C Prep: 20 minutes Cook: 10 minutes Stack Cup

Make your own simple taco seasoning for this Mexican favourite and you can have tasty tacos whenever you feel. This is also a great recipe for families as you can choose your low FODMAP toppings and others can add FODMAPs as tolerated.

Metric Imperial

ingredients	
Taco Seasoning	
2 ½ tsp cumin, ground	5 g
1 ½ tsp smoked paprika	4.5 g
1 tsp chili powder (or to taste)	1 g
1 tsp dried oregano	3 g
¹ / ₂ tsp cracked black pepper (or to taste)	1 g

Taco protein filling	
chicken, fish or ground beef	500 g
Tbsp olive oil	16 g
Taco Fillings	
1 cup of lettuce leaves, sliced	60 g
2 medium tomatoes, diced	300 g
1 small jalapeno (or to taste)	29 g
12 corn taco shells	168 g
1 avocado, mashed	160 g
1 cup shredded tasty cheese	120 g
1 cup chopped fresh cilantro/coriander	16 g
1 dollop sour cream (lactose free if required) per person	100 g

Method

Step 1

Mix together the taco seasoning ingredients in a jar.

Step 2

Heat oil in a fry pan and add the taco seasoning, stir for 30 seconds or until fragrant. Add meat of choice and cook through.

Feedb

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Step 3

Assemble tacos with all preferred fillings, keeping avocado to 1 tbsp and top with coriander and sour cream.