

---

# Kalua Turkey Soft Tacos

## Description

This is an easy to prepare meal that can be pulled together fast for those weekday nights when you need something quick and don't want to sacrifice nutrition. Why purchase fast food Mexican when you can prepare something that has a definite Island flavor to it?

Total time: 30 min Yield: 4 Servings

## Ingredients

1 pkg 6" yellow or white corn tortillas  
16 oz prepared kalua turkey or chicken  
2 cup shredded cabbage  
1 can black beans (14 oz. can; rinsed and drained; you can substitute with refried black beans)  
1 medium-sized ripe avocado (diced)  
1 medium tomato (diced)  
1/2 firm, ripe papaya  
1/2 Maui onion (minced; about 1/3 cup)  
3 Tbsp fresh cilantro (minced)  
juice of one lime  
1/2 tsp extra virgin olive oil or canola oil  
salt (to taste)  
fresh ground black pepper (to taste)  
1 Serrano chile (minced; optional)

Prep Time: 30 min Total Time: 30 min

## Instructions

If you don't have time or ripe avocado/papaya on hand, don't hesitate to purchase a fresh-made salsa (look in your refrigerated section at KTA). Fresh ingredients will work best – in a pinch you could even substitute lomi-lomi salmon! Otherwise, to make the salsa just simply mix the avocado, tomato, papaya, Maui onion, cilantro, lime juice, and olive oil together and season to taste. Only add the Serrano chile if you want the heat of the pepper.

The best way to serve the tacos is family style, and everyone can assemble their taco to suit their own taste. Warm the tortillas in a slightly damp paper towel in the microwave for about 2 minutes. Warm the kalua chicken and beans in separate bowls, set out the cabbage and salsa and you're ready to eat! To supplement the tacos you can serve the [Easy Spanish Rice](#) or more beans.

**Recipe brought to you by:**

---

Chef Michi Holland

**Source:**

Chef Michi Watarai