



Simply 7
Simple Ingredients • Simply Delicious

walking taco PLAYBOOK



what's a walking taco?



The walking taco, better known as a frito pie, is a delicious on-the-go snack consisting of crunchy snacks, your favorite meat or chili, creamy sauces and fresh veggie & cheese toppings.

It's a simply perfect game day snack!

how to make a Simply7 walking taco:

Pick your favorite Simply7 snack bag. Open from the top or cut an opening down the side of the bag and gently break the chips into smaller pieces.

layer

1

Add your favorite meat or chili.

layer

2

Top with delicious sauces like green salsa & tzatziki.

layer

3

Add delicious fresh veggies and shredded cheeses.

pick your Simply7 snack bag

layer 1



#1

KALE CHIPS

About: first of its kind chip made with real kale and potatoes

Fun Facts: 80% daily vitamin K per serving, 110cal/package

Weight: 0.8oz



#2

QUINOA CHIPS

About: lighty, crunchy snack with quinoa as the main ingredient. 0.8oz bags are available in sea salt, cheddar and BBQ flavors.

Fun Facts: 30% less fat than potato chips, 110cal/package

Weight: 0.8oz



#3

LENTIL CHIPS

About: crunchy, puffed snack made with lentils.

Fun Facts: 0g sugar & 2g protein per package, 35% less fat than potato chips

Weight: 0.8oz



#4

HUMMUS CHIPS

About: scoop-shaped snacks made from chickpeas with the creamy taste of hummus

Fun Facts: 1g sugar & 2g protein per package, 47% less fat than potato chips

Weight: 0.8oz

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vegan chili

1 qt. – Water
 2 tbsp. Chili Powder
 1 tbsp. Ground Cumin
 2 tsp. Dry Parsley
 1 tbsp. Cane Sugar
 3 Green Bell Peppers, small, diced
 2 Jalapeno Peppers, small, seeded & diced
 1 Yellow Bell Pepper, small, diced
 1 Red Bell Pepper, small, diced
 1 Orange Bell Pepper, small, diced
 1 Yellow Onion, small, diced
 1 Red Onion, small, diced
 1 12 oz. can Tomato Paste
 3 15.5 oz. cans of Pinto Beans
 2 15.5 oz. cans of Black Beans
 2 Large Red Ripe Tomatoes, diced
 2 Lemons, Juiced
 Salt & pepper to taste

In an adequately sized pot add the water, chili powder, ground cumin, parsley, cane sugar and salt. Whisk together well.

Next, add the green bell pepper, jalapeno, yellow bell pepper, red bell pepper, orange bell pepper, yellow onion and red onion. Bring contents to a boil.

Cook vegetables to desired doneness and remove pot from heat. Add tomato paste, pinto beans, black beans, diced tomatoes, cilantro and lemon juice. Season with salt & pepper to taste.

shredded chicken

8 boneless skinless Chicken Breasts
 3 qt. water
 1 Large onion, Small Diced
 1 Green Bell Pepper, Small Diced
 1 tbsp. Chili Powder
 ½ tsp. Ground Cumin
 Salt to taste

Preheat oven to 400F. Place water in an adequately sized pot, add spices and vegetables, and bring to a boil. Once boiling, add chicken to the mixture and bring to a simmer. Cover pot, remove from heat and bake in the oven for 2 ½ hours. Let cool & then shred by hand.

turkey chili

3 lbs. Ground Turkey
 1 qt. water
 1 Large Onion, Diced
 1 Green Bell Pepper, Diced
 2 tbsp. Chili Powder
 ½ tsp. Ground Thyme
 2 tsp. Ground Cumin
 ¼ cup Hot Sauce
 Salt & pepper to taste

In an adequately sized pot add ground turkey and saute until fully cooked. Add the onion, peppers, spices, hot sauce and water. Simmer till cooked (approx. 15min.).



layer 3

green salsa

1 Cucumber, peeled & seeded
1 Avocado, halved, pitted & shelled
8 Medium Tomatillos
8 Non-fat Greek Yogurt
1/4 cup Lime Juice
1/3 cup Whole Fresh Cilantro Leaves
Salt & Pepper to taste

Boil tomatillos in medium sauce pan until soft (approx. 4-6min). Add all ingredients to a blender and puree till smooth. Refrigerate before serving.



red chili tzatziki

2 Cucumbers, peeled & seeded
24 oz. Non-fat Greek Yogurt
1/4 cup Hot Sauce
1 tbsp. Chili Powder
1 tsp. Ground Cumin
1/4 tsp. Granulated Garlic
1/8 tsp. Granulated Onion
1 1/2 tbsp. Dry Dill
Juice of 5 Lemons
Salt & Pepper to taste

Add all ingredients to a blender and puree till smooth. Refrigerate before serving.

tzatziki

2 Cucumbers, peeled & seeded
24 oz. Non-fat Greek Yogurt
1/4 tsp. Granulated Garlic
1/8 tsp. Granulated Onion
1 1/2 tbsp. Dry Dill
Juice of 5 Lemons
Salt & Pepper to taste
Add all ingredients to a blender and puree till smooth. Refrigerate before serving.

layer 4

fresh toppings



**DICED RED, YELLOW & ORANGE BELL PEPPERS
SLICED BLACK OLIVES
SLICED HATCH PEPPERS
SHREDDED COLBY JACK CHEESE
DICED RED AND WHITE ONIONS
SLICED JALAPENOS
DICED TOMATOES
DICED AVOCADOS**

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