Zesty Southwest Chicken



This Southwest chicken recipe is packed with bold flavor from taco and ranch seasoning. Sear the thighs, bake in buttermilk for extra juiciness, and serve in warm tortillas with your favorite toppings.

Prep Time	Cook Time	Marinating Time	Total Time
5 mins	30 mins	2 hrs	2 hrs 35 mins

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5 from 5 votes

Course: Main Course Cuisine: Mexican Servings: 8
Calories: 257kcal Author: Ned Adams

Equipment

- Dutch Oven
- Storage Bags

Ingredients

- 8 boneless skinless chicken thighs
- 4 tablespoons olive oil
- 1 ounce taco seasoning packet
- 1 ounce ranch seasoning mix packet
- 2 tablespoons unsalted butter
- 1 cup buttermilk
- 8 flour tortillas

Instructions

1. Season the chicken: In a plastic bag, mix the taco seasoning, ranch mix and olive oil. Add chicken thighs to the bag and let marinade for up to 24 hours.
2. Preheat the oven to 400 degrees F.
3. Sear in Dutch Oven: Melt butter oven medium-high heat in a Dutch oven. Add chicken, and sear 2-3 minutes per side until golden brown.
4. Add buttermilk: Remove from heat and pour buttermilk around the chicken (not directly on top)
5. Bake Covered: Cover the Dutch oven with its lid and bake for 20-30 minutes, or until the chicken reaches an internal temperature of 165 degrees F.
6. Serve: Garnish with chopped cilantro and served in flour tortillas topped with tomatoes, salsa, avocado, and sour cream.

Notes

- Marinate the chicken for at least 2 hours to let the flavors fully develop.

- Sear the chicken in butter before baking to lock in juices and create a golden crust.
- Pour buttermilk around the chicken, not on top, to keep the seasoning intact while baking.
- Cover the pan during baking to ensure the chicken stays tender and moist.

Nutrition

Calories: 257kcal | Carbohydrates: 5g | Protein: 23g | Fat: 15g | Saturated Fat: 4g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 8g | Trans Fat: 0.1g | Cholesterol: 118mg | Sodium: 684mg | Potassium: 318mg | Fiber: 1g | Sugar: 2g | Vitamin A: 497IU | Vitamin C: 2mg | Calcium: 46mg | Iron: 1mg

Zesty Southwest Chicken from https://www.dutchovendaddy.com/baked-southwest-chicken/

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