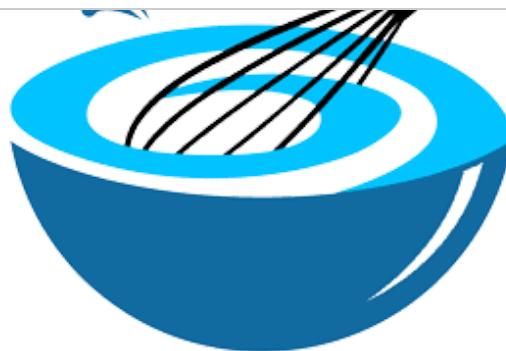




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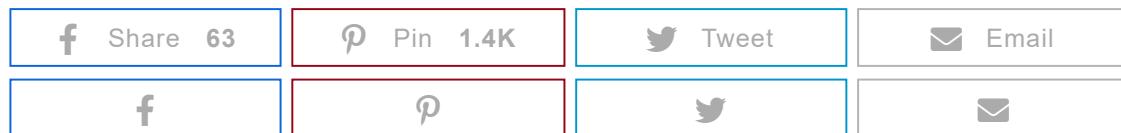
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TACO BELL COPYCAT CHICKEN CHALUPA SUPREME

Published: Jun 1, 2021 · Modified: Dec 27, 2021 by Karin and Ken · This post may contain affiliate links. [2 Comments](#)



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ingredients to deliver flavors that are far more authentic than the Taco Bell version and even tastier, if I do say so myself.



I've been a fan of Taco Bell as far back as I can remember. Years ago, my husband and I used to spend about \$50 and bring home 3 or 4 big bags full of many different kinds of burritos and tacos.

I would set them all up on our dining room table in piles on plates and platters and game day or with UFC game night would begin.

I did not do any cooking or baking at all. Clean-up could not have been easier.

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worth the effort.

Buying or going through a drive-thru is definitely easier and faster but these chalupas taste so much better. You'll make them over and over again.

You'll do what I do. Sometimes make them with ground beef (or a ground pork and ground beef blend), beans, or steak. You won't always make them with chicken.

This flatbread is prepared and filled with seasoned meat of choice (or beans,), sour cream, fresh shredded lettuce, a blend of cheeses, and fresh diced tomatoes.



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THE TEX-MEX TRAIL TO COPYCAT CHICKEN CHALUPA SUPREME

This chicken chalupa recipe is absolutely delicious, but without two things we wouldn't have it. First, of course, is the invention of the chalupa itself - which, by the way, is not a Taco Bell brainstorm.

The second is Taco Bell itself. Because while many authentic Mexican restaurants offer chalupas, most of us know the dish from its Taco Bell fame.

As you know by now, I've gotten into the history of food, so let's take a look at both the chalupa and the fast-food chain that skyrocketed it to national fame.



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The chalupa is a corn and masa dish from Mexico. It's the bigger, thicker version of a hard shell taco. Food historians think that chalupas originated in the south-central region of Mexico somewhere around Hidalgo, Puebla, Guerrero, and Oaxaca.

They're made by pressing a thin layer of masa dough around the outside of a small mold which creates a container resembling the boat from which it gets its name.

The real history of chalupas is shrouded in mystery. Food historians know that the first written mention of them dates back to 1895, but it's believed that they're far older.

They can't say for sure, but most food historians believe that the dish dates back as far as pre-colonial times.

While traditional chalupas are served in almost every authentic Mexican restaurant, they skyrocketed to fame thanks to Taco Bell. Well, the name skyrocketed to fame, anyway. Taco Bell chalupas are chalupas in name only.

Unlike its Mexican namesake, the Taco Bell chalupa is a thick, fried tortilla shell filled with a variety of ingredients that you won't find in an authentic chalupa, as the real deal is only filled with salsa, cheese, and lettuce.

HISTORY OF TACO BELL

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In 1948, Glen Bell opened a hot dog stand called Bell's Drive-In in Sand Bernardino, California. While running his stand, he watched long lines of customers waiting at a Mexican restaurant called Mitla Cafe across the street.

Mitla Cafe was famous for its hard-shelled tacos. Seeing the opportunity in the tacos' popularity, Bell attempted to replicate the recipe, with the owners eventually allowing him to watch how the tacos were made.

In 1951, Bell took what he learned and opened a new taco stand. He tried several names like Taco-Tia and El Taco before finally settling on Taco Bell. Finally in 1962, he opened the first official Taco Bell.

The restaurant gained popularity quickly, with the first franchisee opened in 1964. By 1967, the restaurant chain had expanded to 100 locations. Finally, Taco Bell went public with 375 restaurants in 1970.

Over the years, the chain grew from offering traditional hard-shelled tacos to the vast variety of options we see today. No longer a true Mexican restaurant but no less popular, Taco Bell serves up all kinds of Mexican-inspired recipes today.

HOW TO MAKE A TACO BELL CHICKEN CHALUPA SUPREME

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home.

Low and behold, I was right. (as I typically am - just ask my husband lol) And once I realized that a copycat recipe was fairly simple and easy to do, I couldn't wait to share this simple copycat Taco Bell supreme recipe with all of you.



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CHICKEN CHALUPA SUPREME INGREDIENTS



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filling ingredients are pretty much standard chicken taco fare.

- flour
- baking powder
- salt
- shortening
- milk
- canola oil, for frying
- chicken breasts
- paprika
- garlic powder
- chili powder
- cumin
- Roma tomatoes, diced
- shredded iceberg lettuce
- sour cream
- shredded Mexican cheese
- cilantro, garnish



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HOW TO MAKE COPYCAT CHICKEN CHALUPA SUPREME

Making this chicken chalupa recipe is fairly straightforward. Both the chalupa and the chicken are easy to make and only require a few steps. It's a recipe that looks so much more involved than it actually is. The best ones are always like that!

Cook the chicken

Mix paprika, garlic powder, chili powder, and cumin together in a small bowl. Season both sides of chicken with this mix. Heat 1 tablespoon olive oil in a separate skillet over medium-high heat. Once shimmering, add the chicken to the pan and cook 5-7 minutes per side, or until the internal thermometer



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Prepare Chalupa Toppings

Dice tomatoes and add to a bowl. Add lettuce, sour cream, and cheese to separate bowls.

HOW TO MAKE CHALUPA SHELLS

In a few simple steps, your chalupas will be ready!

Heat the Oil

Add 2" of canola oil to a large skillet and heat to 350 degrees.

Prepare the Chalupa Dough

In a large mixing bowl, add the flour, baking powder, salt, and shortening. Use a fork to mix the ingredients together. Add the milk and use your hands or a wooden spoon to mix to form a dough ball.

Divide and Form Chalupas

Turn dough out onto a floured surface and roll with a rolling pin flat to smooth. Form dough back into a ball. Divide dough into 8 equal sections and roll each section into a ball. Use a rolling pin to roll each dough ball out into a circle about 4" in diameter.

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Use a fork to generously poke holes all over the chalupa shell to prevent it from getting too puffy. Use tongs and fold the chalupa shell in half, letting one-half fry in the oil.

Hold the chalupa into shape until it starts to turn light gold, about 30 seconds.

Flip over to cook the other side for 30 seconds.

Flip, and fry for 15 seconds, then flip one last time and fry for 15 seconds.

Remove from oil and place on a paper towel-lined plate.

Repeat with remaining chalupas.



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MAKE YOUR CHALUPA

Prepare chalupas, Add chicken, sour cream, lettuce, tomatoes, and a pinch of cheese into each shell.

Garnish with cilantro and serve with your favorite hot sauce. Enjoy!



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CAN YOU FREEZE CHALUPA SHELLS?



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take long at all, just plan on making them fresh.

WHAT OTHER TOPPINGS CAN YOU ADD TO CHALUPAS?

Anything you want. To stay true to the copycat, add the toppings in the recipe but if you want to vary, have fun. Some other delicious topping ideas include:

- Jalapenos
- Black olives
- Various types of cheese
- Onions

And more. Put on whatever toppings that you want and make it your own!

We love to make these on a monthly basis. They're just too good not to. I've been making them for years and I'm certain that by now Taco Bell is missing our business by now lol.

I have to admit that I actually prefer these better than anything that I can buy at the restaurant because I find them less greasy and more crispy. I love the way that they crunch and hold all my toppings and meat just right.

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According to Taco Bell [their chicken chalupa supreme](#) has 360 calories and our copycat chicken chalupa supreme has only 324 calories, less as you might expect and so much tastier too!

Fresh and homemade is always better!



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This chicken chalupa recipe is absolutely delicious and far easier to make than you'd think. Filled with all the flavors we love in the Taco Bell version but even more delicious, this copycat chicken chalupa supreme recipe is bursting with flavor and texture, and it's always a big hit.

With a crispy, doughy shell cradling delicious, tender chicken and all the taco fixings, it's a bit of Mexican heaven in every bite. Give this recipe a try, and I know you and your family will absolutely love it.

MORE MEXICAN INSPIRED RECIPES

If you're looking for even more great Taco Bell copycat recipes and all things Mexican flavored, don't miss out on these. You'll have enough recipes to last you for months!

- [Copycat Taco Bell Cheesy Roll Ups](#)
- [Copycat Taco Bell Nacho Fries](#)
- [Copycat Taco Bell Cheesy Gordita Crunch](#)
- [Copycat Taco Bell Diablo Sauce](#)
- [Copycat Taco Bell Verde Sauce](#)

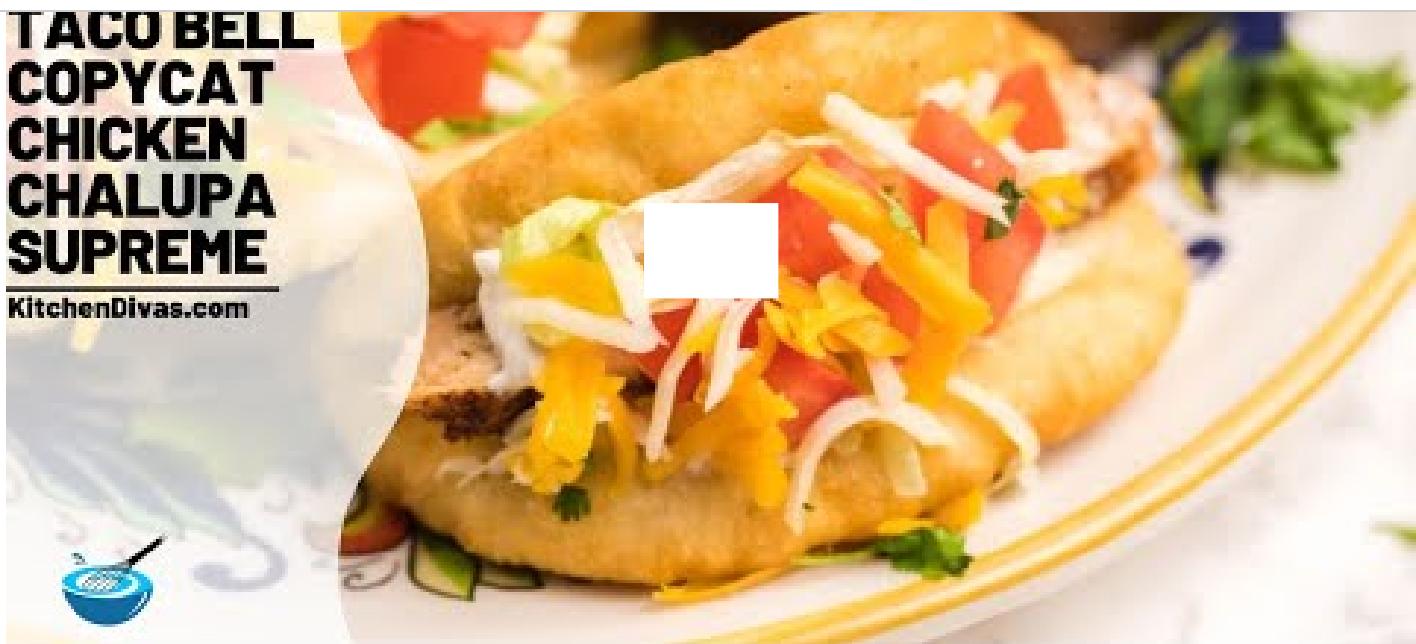
Taco Bell Copycat Chicken Chalupa Supreme Video



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TACO BELL COPYCAT CHICKEN CHALUPA SUPREME

KitchenDivas.com



Taco Bell Copycat Chicken Chalupa Supreme

This Copycat Taco Bell Chicken Chalupa Supreme tastes authentic and in my opinion, is even better than the original. Tuck this chicken chalupa recipe in your back pocket. Come Taco party time, you'll be glad you did!

★★★★★ 5 from 1 vote

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COURSE	CUISINE	SERVINGS	CALORIES
Main Course	American, Mexican	8	280 kcal



EQUIPMENT

- Measuring cups and spoons
- 2 large skillet
- wooden spoon
- Sharp knife
- cutting board
- thermometer
- small bowl
- whisk
- Large mixing bowl
- Rolling Pin
- 4 inch round cookie cutter
- Tongs
- paper towel
- plate

INGREDIENTS

1x	2x	3x
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- 2 1/4 cups flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 oz. shortening
- 1 cup milk
- canola oil, for frying



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- 1 teaspoon chili powder
- 1 teaspoon cumin
- 3 Roma tomatoes, diced
- $\frac{1}{2}$ cup iceberg lettuce, shredded
- $\frac{1}{4}$ cup sour cream
- $\frac{1}{2}$ cup shredded Mexican cheese blend
- cilantro, garnish

INSTRUCTIONS



1. Pull out and measure all of the ingredients.

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Heat the Oil

1. Add 2" of canola oil in a large skillet and heat to 350 degrees.



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minutes, then slice into thin strips. Set aside.

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Prepare Chalupa toppings

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Prepare the Chalupa Dough

1. In a large mixing bowl, add the flour, baking powder, salt, and shortening.

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2. Use a fork to mix the ingredients together.
3. Add the milk.

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4. Use your hands or a wooden spoon to mix.

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5. Mix until a dough ball is formed.

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Divide and form Chalupas

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3. Divide dough in half.

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4. Then divide dough into 8 equal sections.

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5. Roll each section into a ball.

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6. Use a rolling pin, roll each dough ball out into a circle.

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7. About 4" in diameter.

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Fry the Chalupa Shell

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2. Use tongs and fold the Chalupa shell in half, letting one half fry in the oil. Hold the Chalupa into shape until it starts to turn a light gold; about 30 seconds.

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3. Flip over to cook the other side for 30 seconds. Flip, and fry for 15 seconds, then flip one last time and fry for 15 seconds. Remove from

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Prepare Chalupas

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2. Add chicken.

[SUBSCRIBE](#)

3. Sour cream.

[SUBSCRIBE](#)

4. Lettuce and tomatoes.

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5. Add a pinch of cheese inside each shell.

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6. Garnish with cilantro and serve with your favorite hot sauce. Enjoy every bite!

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NUTRITION



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Sodium: 444mg Potassium: 323mg Fiber: 1g
Sugar: 2g Vitamin A: 249IU Vitamin C: 2mg
Calcium: 225mg Iron: 2mg



KEYWORD

chalupa, hard shell taco, taco, taco bell copycat

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Let us know how it was!

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COMMENTS

Rosa

Dear Kitchen Divas,

Many thanks for this recipe. I've made this a few times already, and we love it (and lol, we are definitely less frequent in the drive-thru thanks to you!). Now, looking at the pictures, I'm wondering if you're adding the shortening as melted? (Previously we'd added it as a solid at room temp.) Also a second question---do you think butter or canola oil could be substituted successfully for the shortening without really changing texture or flavor?

[REPLY](#)

Karin and Ken

I'm so glad you're enjoying this recipe we love it around here. Honestly we tried to mimic Taco Bell and that's what tasted best. We usually add it as a solid too. Vegetable oil, peanut or avocado oil would work best because of their high smoke points but vegetable oil is the only one that doesn't

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WELCOME!



We are the kitchen divas: Karin and my partner in life Ken.

We have been attached at the heart and hip since the first day we met, and we love to create new dishes to keep things interesting. Variety is definitely the spice of life!

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