

Cauliflower Mushroom Tacos and Spicy Pinto Beans

Recipe Courtesy of Healing the Vegan Way

YIELD: 6 TACOS; 3 CUPS FILLING

Prep time: 15 minutes, Cook time: 10 minutes
Total time: 25 minutes, Serving size: 1 taco with
½ cup filling, Number of servings: 6

2 teaspoons coconut oil
½ cup diced yellow onion
3 garlic cloves, pressed or minced
½ cup diced red bell pepper
1 cup diced mushrooms (try shiitake, cremini or button)
½ teaspoon sea salt, or to taste
1/8 teaspoon freshly ground black pepper
2 cups diced cauliflower
1 teaspoon chili powder
½ teaspoon ground cumin
Pinch of chipotle chile powder or cayenne pepper
2 tablespoons freshly squeezed lime juice
1 ½ tablespoons minced fresh cilantro
6 vegan corn tortillas

1. Place the coconut oil in a pan over medium heat. Add the onion and cook for 1 minute, stirring frequently. Add the garlic, bell pepper, mushrooms, salt, and pepper and cook for 3 minutes, stirring frequently.
2. Add the cauliflower, chili powder, cumin, and chipotle chile powder and cook until the cauliflower is just tender, about 10 minutes, stirring frequently. Add the lime juice and cilantro and mix well. Lower the heat to low to keep filling warm.
3. Warm the tortillas briefly by placing them one at a time in a dry sauté pan over high heat, flipping with tongs until just warmed through.
4. Place the mushroom cauliflower filling inside the tortillas, top with your condiments of choice, and enjoy!

Nutrition Facts per serving (139 g): Calories 90, Fat Calories 20, Total Fat 2.5 g, Saturated Fat 1.5 g, Cholesterol 0 mg, Sodium 230 mg, Total Carb 16 g, Dietary Fiber 3 g, Sugars 2 g, Protein 3 g.