

# Beefless Tacos

Serves 1 | Active Time: 15 minutes | Total Time: 35 minutes

*Swick*

## Cooking the Beefless Ground

To cook the dish, heat a large fry pan over medium-high heat. Once hot, add oil, followed by the onions. Continue to sauté for two to three minutes, or until the onions become translucent and golden.

Next, add the garlic, cumin, paprika and dried oregano, stirring well to coat onions. Allow the spices to cook for 30 seconds or so.

Next add the Beefless Ground and allow it to cook for three to four minutes. And then add the tomato purée and tomato paste and mix thoroughly. Next, add about 1/4 to 1/2 cup of water (just enough to prevent sticking and/or burning), followed by the vinegar, hot sauce and agave. Allow this to cook for a few minutes, stirring occasionally. Adjust seasoning as needed with sea salt, pepper and more hot sauce if you desire. Remove from heat.

## Step 1: Cooking the Beefless Ground

- 1 (13.8-oz) pkg Gardein Beefless Ground
- 2 tbsp olive oil
- 1 cup onions, diced
- 2 cloves garlic, minced
- 1 tbsp cumin seed, ground
- 1 tsp oregano
- 1/2 tbsp paprika
- 1 cup tomato purée
- 1 1/2 tbsp apple cider vinegar
- 2 tbsp hot sauce
- 2 tbsp agave
- 1 1/2 tbsp tomato paste
- sea salt, to taste
- black pepper, to taste
- water, as needed

## Step 2: Assembling & Serving the Tacos

- 4 to 6 hard taco shells
- shredded lettuce
- diced tomatoes
- Cashew Sour Cream
- Spanish-Style Brown Rice

To assemble the tacos, begin spooning in a generous amount of beefless mixture into the bottom of each shell followed by shredded lettuce, tomatoes and Cashew Sour Cream.

If desired, serve the tacos with Spanish-Style Brown Rice.

This beefless mix is also wonderful in burritos, on nachos, in soft tacos or toastadas.