



VEGETARIAN TACO-CADOS

INGREDIENTS

FOR FILLING

- 14 oz. Plant-Based Taco Ground
- 2 T vegetable oil
- 2 cups cauliflower florets
- 1 cup walnuts
- 1 t cumin
- 1 t garlic powder
- 1 t onion powder
- 2 t smoked paprika
- 2 t adobo sauce
- 3 T avocado oil
- ½ cup shredded cheddar cheese*

FOR AVOCADO BOWL

- ½ cup Plant-Based Taco Filling
- 3 ripe avocados
- 1 T sour cream*
- 1 T shredded Mexican-style cheese*

* or your favorite vegan alternative

TIME: 15 mins (Prep Time 10 mins / Cook Time 5 mins) **SERVES:** 6 **TYPE:** Vegetarian

INSTRUCTIONS

- 1 Heat vegetable oil in a large frying pan on medium heat. Add ground taco and cook for 5 minutes, breaking into crumbles as you stir. Remove pan from heat.
- 2 Place cauliflower into a food processor with the walnuts and dry seasonings. Pulse until the cauliflower and nuts become a crumble. Mix together with cooked taco meat.
- 3 Cook on medium heat and stir well until cauliflower is softened. Add adobo sauce and stir to mix. Remove from heat and add the shredded cheese. Stir to mix. Place into a serving bowl.
- 4 For the 6 avocado bowls, slice avocados in half and remove the pit. Remove part of the avocado with a spoon to make room for the taco mixture.
- 5 Fill with ½ cup taco mixture and top with sour cream and shredded cheese. Enjoy!

QUICK TIP



Take a few minutes to toast the walnuts for great added flavor

Before
the butcher™