



# VEGAN BEEF TACOS

## INGREDIENTS

14 oz. Plant-Based Ground  
2 t onion powder  
1 t garlic powder  
½ t cumin  
1 t chili powder  
¼ t red pepper flakes  
¼ t oregano  
1 t salt  
¾ cup water  
2 large tomatoes  
1 avocado  
¾ purple onion  
1 cup cilantro  
½ cup salsa verde  
corn tortillas or taco shells

**TIME:** 27 mins (Prep Time 15 mins / Cook Time 12 mins) **SERVES:** 4-6 **TYPE:** Vegan

## INSTRUCTIONS

- 1 Place the plant meat in a medium non-stick pan, and cook on medium heat until meat begins to brown.
- 2 Add the onion powder, garlic powder, cumin, chili powder, red pepper flakes, oregano, salt, and the water to aid with even distribution. Mix in evenly. Continue to cook until water disappears.
- 3 Dice the tomatoes, avocado, purple onion, and cilantro.
- 4 For soft tacos, steam the corn tortillas.
- 5 Assemble tacos by layering ground, tomatoes, avocado, purple onion, and cilantro into shells. Add a drizzle of salsa verde.
- 6 Enjoy!

### QUICK TIP



Add sliced avocado or guacamole to make a good taco a great taco

**Before**  
*the butcher™*