

Vegan Lentil Tacos

Original Recipe By Shawna Horton, Power Nation

6.5 oz. can sliced mushrooms, rough chopped (optional)
1 yellow squash, chopped into 1/2 inch cubes
1/3 cup chopped onions
1/2 red bell, chopped
1 Cup riced cauliflower
15 oz. organic lentils rinsed and drained
1/4 chopped walnuts (can chop in blender or coffee grinder if you like)
Any variety of grain free taco shells or tortillas
3 Tbs. Avocado oil
Garlic Powder
Salt
1/2 tsp. Ground Cumin
1/2 tsp. Ground Cayenne Pepper
1 tsp. Chili powder (divided)
Arugula or your favorite lettuce
Cilantro, chopped

Saute onions in avocado oil until they become translucent. Add 1/2 tsp. chili powder and stir until fragrant. Add cauliflower, squash, red bell, mushrooms, stir. Cover and simmer until vegetables are fork tender. Toast walnuts in skillet over medium heat, then toss in with vegetables. Add the rest of the seasonings - chili powder, cumin, garlic powder, salt, and cayenne - stir together. Gently fold in the lentils, and simmer for approximately 5 minutes.

Serve in taco shell topped with arugula, cilantro, and guacamole and a side of cilantro lime rice.

*See other videos for additional recipes