

Meatless Lettuce Tacos

A great alternative to traditional tacos.



TOTAL TIME

15 mins



COURSE

Main Course, Side Dish

CUISINE

Mexican



SERVINGS

4 Tacos

EQUIPMENT

- 2 Mixing Bowls

INGREDIENTS

- 4 Organic Romaine Lettuce Leaves or Collard Greens

Salad Filling

- 2 Avocados - Diced
- 1/4 Cup Onion - Diced
- 1/2 Red Bell Pepper - Diced
- 2 Tomatoes - Diced
- 1 Tbsp Fresh Cilantro - Minced
- 1 Tbsp Fresh Mint - Minced

- 1 Tbsp Fresh Parsley - Minced

Taco Filling

- 4 Cups Cooked Kidney Beans (Substitute Beans of Choice)
- 1/2 Tsp Cumin
- 1/2 Tsp Sea Salt
- 1/2 Tsp Turmeric
- 1/4 Tsp Coriander
- 1/4 Tsp Chili Powder
- 1 Tsp Raw Honey
- 2 Tbsp Lime Juice

INSTRUCTIONS

1. Mix all salad ingredients in a bowl.

Mash beans with spices, honey, and lime juice in a large mixing bowl.

Place taco filling on top of leafy greens and top with salad filling to enjoy a tasty healthy "lettuce wrap."



KEYWORD

plant-based, tacos, vegan