

Vegan Cauliflower Tacos

The following recipe was provided by Barrington Illinois resident Lori Young and was originally published at 365Barrington.com.

Ingredients

- 3 cups of cauliflower
- 1 Tbsp. of nutritional yeast
- 3 tsp. salt
- 3 tsp. pepper
- 1 tsp. spoon of cumin
- 1 tbsp. spoon of garlic powder
- 2 Tbsp. spoon of chili powder
- Taco shells
- Refried beans
- Cabbage slaw
- Seasoned onions, peppers and mushrooms
- Optional Toppings: green chilies, chopped tomatoes and avocado

Instructions

1. Chop the cauliflower and add it to a pan.
2. Add spices (or taco seasoning packet if you have one on hand).
3. Add nutritional yeast.
4. Add 2 cups of water to the pan. Bring to a boil and simmer for 10 minutes.
5. Strain water from the cauliflower mixture.
6. Add refried beans to a pan with 1/2 cup of water. Cook over low heat, stirring often, until warm.
7. Place the cooked and seasoned cauliflower into taco shells.
8. Top with refried beans, cabbage slaw and seasoned onions, peppers and mushrooms.
9. If desired, add green chilies, chopped tomatoes and avocado.