

PLANT-BASED WALKING TACOS

Adapted from Han's Home Cooking

INGREDIENTS

Serves 6+

- 2 bags Fritos corn chips
- 1 bag of Gardein plant-based ground beef (13.7 oz. package)
- 1 can black beans/drained
- 1 can mild diced Rotel tomatoes
- 1 small can mild green chili's
- 1 diced onion
- 1/2 cup taco seasoning
- 2 TSP chili powder
- 2 TBS minced garlic
- Shredded cheese of choice for toppings
- Shredded lettuce for garnish
- Dolop of plant-based or regular sour cream for non plant-based eaters
- Optional: black olives, chopped tomatoes for garnish, hot sauce for garnish

DIRECTIONS

- In a crock pot, place the Frito's as the base layer in a crock pot
- lay the "beef" on top of the Fritos, add the Rotel tomatoes followed by the mixed green chili's, diced onion and black olives
- Blend the beef, tomatoes, chili's and onion
- Add the taco seasoning on top of the mixture followed by the chili powder and garlic
- Mix the top
- Put on the lid and cook on high for two hours letting the mixture cook down.
- Mix the ingredients, place in a bowl and top with cheese, lettuce and sour cream and chopped tomatoes if using.



plantbasedresourceacademy.com

PREP TIME: 10 MIN

COOK TIME: 2 HOURS

TOTAL TIME: 2 HOURS, 10 MINS