



# Taco Night

Prep Time: 20 min. Cook Time: 30 min. Makes: 6 or 12 servings.

Start with a delicious taco base of either spicy sauteed mushrooms or marinated black beans – or both?? Then a whole slew of toppings: fresh salsa, hot onions + zucchini, simple guacamole, shredded carrots

## SPICY MUSHROOMS

2-3 cups mushrooms, sliced  
1 tsp olive oil  
1 tsp chili powder  
pinch salt + black pepper  
1 tsp maple syrup (optional)

## MARINATED BLACK BEANS

1 14oz can black beans, rinsed  
1 tsp olive oil  
pinch salt  
1-3 tsp chili powder

## FRESH SALSA

1-2 tomatoes, diced  
2 cloves fresh garlic, pressed  
1/2 onion, finely diced  
1/2 cup fresh cilantro or parsley,  
finely chopped

1 lemon, zest and juice  
pinch salt & pepper

## HOT VEGETABLES

1 zucchini  
1/2 onion, sliced  
1 tsp olive oil  
pinch sea salt

## GUACAMOLE

1 avocado, chopped  
1 clove fresh garlic, pressed  
4-5 cherry tomatoes, chopped  
2 Tbsp onion, finely diced  
pinch sea salt

## RAW VEGETABLES

2 cups lettuce leaves  
2 green onions, sliced  
2 carrots, grated  
6 large, or 12 small, whole grain  
or corn tortillas

## MUSHROOM DIRECTIONS

Heat a small pan to medium, then heat the mushrooms briefly in the oil. Add the spices, stir to coat the mushrooms. Next, add the syrup to the pan, stir to coat, and allow to cook for a few minutes to create a glaze. Remove them from the pan, and you can keep it warm in the oven on very low if you like.

## BLACK BEAN DIRECTIONS

Put the beans in a bowl with a tight-fitting lid, season with the oil, spice and salt, than cover with the lid and shake. Set aside, and shake a few more times throughout their marination.

## SALSA DIRECTIONS

Combine all salsa ingredients in a bowl, and set aside.

## HOT VEGETABLES DIRECTIONS

Heat a pan to medium (can be the same one as for the tempeh), and saute the onion in the olive oil. Once the onions are translucent, add the zucchini, sprinkle sea salt on it, and saute until the zucchini is soft.

## GUACAMOLE DIRECTIONS

Mash the avocado, then fold in the other ingredients.

## RAW VEGETABLE DIRECTIONS

Prepare the raw vegetables, then set everything out on the table, to build the tacos/fajitas. Serve along with lemon or lime wedges.