



Plant Based Taco Salad



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By: Chatty Chansa

This delicious meatless taco salad is absolutely delicious. This recipe is just my creation of what I thought would make a great plant based taco salad. You can use my recipe as a guide to create your own. The taco bowl is just a flour tortilla slightly dampened to make it pliable to mold to an oven safe bowl. The meatless part I used walnut crumbles as my meat and seasoned them with homemade taco seasoning. I hope you enjoy this recipe as much as I do. You're welcome to leave a comment of how yours turned out.

Ingredients

- 1 cup of Walnut crumbles
- 1 can of black beans (15oz) drained & rinsed
- 1 pkg microwaved mexican rice
- 1 can of refried beans (optional)
- 1 tomato diced
- 1/2 cup of cilantro chopped or whole
- 1 bag of shredded lettuce
- 1 Avacado sliced or diced
- Salsa
- Taco dressing
- 1 Tablespoon Taco seasoning
- 1 pkg of any size flour tortilla shells

*feeds about 4 people

How to make

Tortilla bowls : Take however many shells you need and moisten them with water, this makes them more pliable to mold. Place oven-safe bowls bottom side up on a baking sheet and lay your moistened tortillas on top of the bowls. Using your finger tips you can make however many creases you want for your shells. Bake tortillas at 300 F for about 10 mins or until you see that they are lightly golden, specifically the center but you don't want the edges to dark. Remove from oven when your desired color achieved.

Taco Dressing

- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tsp chili powder (I use one)
- 1/4 tsp salt
- 1 cup of any vegan yogurt (10 oz)
- 2 Tbsp lime juice (1 lime)
- 1-2 tsp maple syrup
- 1 1/2 Tbsp ACV

Combine all above ingredients in a small bowl and whisk. Mix well.

***ACV- Apple Cider Vinegar**

Walnut Crumbles



- 1- 15 oz can chickpeas rinsed & drained
- 3/4 cup raw walnuts
- 1 Tbsp water
- 2-3 Tbsp Nutritional Yeast
- 3 Tbsp Taco seasoning

Pulse in food processor until sm/med crumbles form. Preheat oven @ 350 F. Spread crumbles on baking sheet and bake for 10 mins, stir and bake another 10 mins.

Once everything is done, you are ready to start making your taco salad. As a reminder you can add or replace ingredients that you would enjoy to make your salad. I do use vegan cheese sometimes but for this recipe I don't miss it. If you prefer to skip making the tortilla bowls, you can use hand crushed tortilla chips. I use the chips when I don't have time to make the salad bowls. It's just as good!



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