Tasty Taco Crumbles

About the Recipe

136 Calories · 6 g Protein · 2 g Fiber
Sauce/Dressing/Topping

Ingredients

Makes 12 Servings

- 1/2 cup sundried tomatoes, dry, not packed in oil
- 1 cup raw unsalted sunflower seeds
- 1 cup raw unsalted pepitas
- 1 tablespoon nutritional yeast
- 1 teaspoon garlic powder
- 1 teaspoon sea salt
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 1/8 teaspoon cayenne pepper
- 3 tablespoons water
- 1 tablespoon coconut aminos

Directions

1. Add the sundried tomatoes, sunflower seeds, pepitas, nutritional yeast, garlic powder, salt, paprika, chili powder, onion powder, and cayenne pepper to a food processor. Start by pulsing the ingredients to get everything combined and then process until everything is a crumble consistency. Do not overprocess into a paste.
2. Add the water and tamari and pulse until everything is well combined; the liquid should be evenly dispersed, and the consistency should be like a beef crumble.

3. Use on taco shells, lettuce wraps, burritos, and nachos.

Nutrition Facts

Per serving:
Calories: 136
Fat: 11 g
    Saturated Fat: 1 g
    % Calories From Fat: 68%
Cholesterol: 0 mg
Protein: 6 g
Carbohydrate: 6 g
Sugar: 1 g
Fiber: 2 g
Sodium: 231 mg
Calcium: 20 mg
Iron: 2 mg
Vitamin C: 1 mg
Beta-Carotene: 103 mcg
Vitamin E: 4 mg