

Veg'd Out Taco Filling



Prep Time: 15 minutes
Cook Time: 25 minutes



Servings: 4 servings
Cost/Serving: \$2.55



Equipment

- Blender
- Colander
- Cutting board
- Knife
- Large pot
- Measuring cups
- Measuring spoons
- Spatula



Ingredients

4 each		Roasted red peppers, drained and rinsed (see tip on next page)
1 tbsp	(15 mL)	Olive oil or canola oil
1 each		Small onion, finely chopped
1 lb	(450 g)	Cremini mushrooms, small diced
2 cloves		Garlic, minced
1 tbsp	(15 mL)	Chili powder
2 tsp	(10 mL)	Ground cumin
2 tsp	(10 mL)	Dried oregano
1 tsp	(5 mL)	Ground cinnamon
¼ tsp	(1 mL)	Salt
1 each		Bay leaf
1 cup	(250 mL)	Red lentils, rinsed and drained
1 ¾ cups	(430 mL)	Water
1 cup	(250 mL)	Salsa, medium or hot



Directions

1. Place roasted red peppers in blender and puree until smooth.
2. Heat large pot over medium heat. Add oil and onions and cook for 3 minutes, stirring frequently.
3. Add mushrooms and cook until mushrooms are half their original size, 2-3 minutes.
4. Stir in garlic, chili powder, cumin, oregano, cinnamon, salt and bay leaf. Cook for another 2 minutes, stirring frequently.
5. Add lentils and water and bring to boil, over medium heat. Reduce heat to low, cover, and cook for 12-15 minutes, or until liquid is completely absorbed.
6. Remove from heat and stir in pureed peppers and salsa.
7. Serve in taco shells, with a side salad.



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Tip

- 1) Look for roasted red peppers in a jar, or substitute 2 chipotle pepper in adobo sauce, for a spicy version.

Nutrition Facts Valeur nutritive

Per 1 serving (416 g)
pour 1 portion (416 g)

	% Daily Value*
	% valeur quotidienne*
Calories 160	
Fat / Lipides 4.5 g	6 %
Saturated / saturés 0.3 g	
+ Trans / trans 0 g	2 %
Carbohydrate / Glucides 16 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 9 g	
Cholesterol / Cholestérol 0 mg	
Sodium 550 mg	24 %
Potassium 850 mg	18 %
Calcium 75 mg	6 %
Iron / Fer 4.5 mg	25 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup



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