



Mock Taco Meat

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Serves 13—1/4 cup servings

Protein: 0.76 g

Calories: 20

Prep time: 15 minutes | Total Time: 1 hour 15 minutes

Ingredients

| | |
|---|---------------------------|
| 200g cauliflower florets | 1 teaspoon cumin |
| 20 oz can Jackfruit in brine, drained and well rinsed | 1 teaspoon oregano |
| 80g sliced mushrooms (cremini or white) | 1 teaspoon smoked paprika |
| 35g diced onion | 1 teaspoon cilantro |
| 1 clove garlic, minced | salt and pepper to taste |
| 2 tablespoons coconut aminos | |
| 2 teaspoons chili powder | |

Directions

Preheat the oven to 350 degrees and line a baking sheet with parchment paper.

In a food processor, pulse the cauliflower until it is ground up like rice. Dump into a large bowl. Next, process the mushrooms until they are a similar consistency and add to the bowl with the cauliflower. Next process the Jackfruit to the same consistency as the cauliflower mixture and add to the bowl with the cauliflower mixture.

Sauté the onion and garlic with a little olive oil over medium heat until translucent and fragrant. Add to the cauliflower mixture.

Now add the rest of the ingredients to the large bowl and mix well with a large spoon.

Spread the mixture evenly onto the parchment lined baking sheet. Season with salt and pepper as needed. Bake for 25 minutes.

Give it a little stir, then bake for an additional 15-20 minutes. Serve with choice of lo-pro tortillas, chopped lettuce, tomatoes, avocado slices, non-dairy cheese and salsa.