

# Recipe

## MUSHROOM & LENTIL TACOS WITH CREAMY GARLIC AVOCADO SAUCE



► ► Vegan, gluten-free, refined sugar-free, nut-free

**Yield:** 4 servings  
**Prep Time:** 10 min  
**Cook Time:** 20 min  
**Total Time:** 30 min

### INGREDIENTS: TACOS

1 medium yellow onion, diced  
 2 tsp (10 mL) vegetable oil  
 2 cloves garlic, crushed  
 5 cups (350 g) mushrooms, coarsely chopped  
 1.5 tsp (7.5 g) cajun spice mix\*  
 1 tsp (5 g) cumin powder\*  
 1 tsp (5 g) paprika powder\*  
 1/4 tsp cayenne pepper or chili powder (optional)\*  
 1/4 tsp salt  
 1/4 tsp black pepper

2 cups (400 g) cooked brown lentils\*\*  
 2 Tbsp (30 mL) ketchup

8 small soft taco wraps or shells (GF if desired)  
 1 cup (100 g) purple cabbage, thinly sliced  
 1 cup (175 g) whole corn kernels

### INGREDIENTS: SAUCE

2 limes, juiced  
 2 cloves garlic  
 1 tsp (5 g) cumin powder  
 1 medium ripe avocado  
 2 Tbsp (30 mL) unsweetened plant-milk

### DIRECTIONS

1. Add the onion and oil to a large pot on high heat. Sauté until the onions turn golden, about 8 minutes. Add 2 Tbsp (30 mL) water and repeat as needed to deglaze the pan and prevent burning. Add the garlic and sauté for another 2 minutes, stirring occasionally.
2. While the onions cook, prepare the sauce by adding all the ingredients to a blender or food processor and blending on high until smooth. Set aside.
3. Decrease the heat to medium-high and add the mushrooms all spices. Cook until the moisture that is released from the mushrooms completely evaporates, about 8 minutes. Add the lentils and ketchup, stir to combine.
4. Serve on hard or soft taco shells and top with cabbage and corn. Drizzle on the garlic avocado sauce, and enjoy!

### NOTES

1. \* **Speed-it-up:** forgo the spices mentioned and add taco-seasoning mix instead for a quicker meal.
2. \*\* If cooking your own lentils, 3/4 cup (140 g) dry lentils yields 2 cups (400 g) needed for this recipe. If possible, soak lentils before cooking.
3. **Variations:** add any additional vegetables to cook, such as a red bell pepper. Try adding textured vegetable protein to make mock-meat texture. Add toppings of your choice such as lettuce in place of cabbage or shredded carrots in place of corn.
4. **Storage:** store in an air-tight container in the fridge for up to four days.

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