

Meatless American Tacos

Cooking Instructions

1. Sauté plant-based ground beef, black beans, and taco seasoning. Adding a little water to the pan as needed to prevent things from sticking. Takes roughly 10 minutes. Beef should get slightly darker but be careful not to burn it.
2. Chop lettuce and tomato.
3. In another skillet heat or cook tortillas.
4. Assemble tacos!

Recipe

- 8oz plant-based ground beef (look for brands like Beyond Beef, Impossible or Gardein)
- 1 15oz can black beans
- 1 packet taco seasoning
- 1 bag shredded cheddar cheese
- Sour cream
- 1 head romaine lettuce
- 1 tomato chopped
- 1 lime
- Hot sauce/salsa of choice
- Tortillas of choice

Grocery List (add optional toppings to list as desired)

Produce

- | | | |
|---|--|--|
| <input type="checkbox"/> 1 head romaine lettuce | <input type="checkbox"/> 1 packet taco seasoning | <input type="checkbox"/> Shredded cheddar cheese |
| <input type="checkbox"/> 1 medium to large tomato | <input type="checkbox"/> Hot sauce or salsa | <input type="checkbox"/> Sour cream |
| <input type="checkbox"/> 1 lime | <input type="checkbox"/> 1 15oz can black beans | <input type="checkbox"/> Plant-based ground beef (could be found near real ground beef or in vegetarian freezer section) |
| | <input type="checkbox"/> Tortillas | |

Refrigerated Goods

Canned Goods/Grocery