



Taco Seasoning

12 servings

5 minutes

Ingredients

- 1/4 cup Onion Powder
- 1 tbsp Garlic Powder
- 2 tbsps Sea Salt
- 2 tbsps Chili Powder
- 1 tbsp Red Pepper Flakes
- 1 tbsp Cumin
- 2 tsps Oregano
- 1 tbsp Arrowroot Powder

Directions

- 1 Combine all ingredients in a jar and shake to mix well.

Notes

Use it With: Ground beef, pork, turkey, chicken or bison; tofu, tempeh, roasted with chickpeas and olive oil or shredded jackfruit.

Storage: Store tightly sealed in a jar in a cool cupboard up to 3 months.

Serving Size: One serving is equal to approximately 1 tablespoon.



Plant-Based Stuffed Peppers

4 servings

50 minutes

Ingredients

4 Bell Peppers (medium)
1/2 cup Quinoa (dry)
1 tbsp Avocado Oil
14 ozs Tofu (extra-firm, crumbled)
1 tbsp Taco Seasoning
1 can Canned Diced Tomatoes
(unsalted and organic if possible)
1/2 cup Frozen Corn
1 can Black Beans (low or no sodium)
1/2 cup Dairy Free Mexican Cheese
(shredded)

Directions

- 1 Preheat the oven to 375°F and grease a 9x13 baking dish with small amount of oil.
- 2 Cut off the tops of the peppers and discard the seeds and ribs. Cut in half and then arrange inside the baking dish facing up. Set aside.
- 3 Cook the quinoa according to the package directions.
- 4 Add oil to a pan over medium-high heat. Crumble the tofu into the pan and cook until it browns, breaking it up as it cooks as if it were meat. Add the taco seasoning and stir to coat.
- 5 Stir in the spinach and cook until it wilts down. Then, stir in the canned tomatoes, frozen corn, black beans, and cooked quinoa.
- 6 Scoop all the filling into the pepper halves and then top with cheese. Bake uncovered for 30 to 35 minutes, until peppers are very fork tender. Divide onto plates and top with any additional desired toppings. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to 2 halves.

Additional Toppings: Hot sauce, fresh lime, avocado, jalapenos, dairy free sour cream/yogurt, cilantro



Simple Slow Cooker Salsa Chicken

4 servings

4 hours

Ingredients

- 1 3/4 lbs Chicken Breast (boneless, skinless)
- 1/2 cup Salsa (or up to 3/4 cup)
- 1 tbsp Taco Seasoning
- 1 Lime (juiced)

Directions

- 1 Place chicken breasts in the slow cooker and cover them with the salsa and lime juice. Sprinkle the taco seasoning over top. Cover with lid and cook on high for 4 hours, or on low for 6 to 8 hours.
- 2 Remove lid and shred the chicken breasts using two forks. Stir and let the shredded chicken marinate in the salsa for another 10 minutes or more.
- 3 Remove the chicken from the slow cooker and enjoy!

Notes

Serve it With: Tacos, Salad, Enchiladas, etc.

Leftovers: Refrigerate in an airtight container up to 3 days or freeze for up to 6 months.

Too Dry: If you are finding the chicken is too dry after shredding it, stir in extra salsa.

More Flavor: Add in more taco seasoning, diced green chiles, or jalapenos



Easy One Pot Taco Pasta

8 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 4 Garlic (cloves, minced)
- 1 1/2 tsps Cumin (ground)
- 1 1/2 tsps Chili Powder
- 1/4 tsp Sea Salt
- 1 cup Frozen Peppers & Onions
- 1 cup Frozen Corn
- 1 can Black Beans (unsalted or low sodium)
- 5 cups Organic Chicken Broth
- 1 cup Organic Salsa
- 1 lb Chickpea Pasta (shells, dry, uncooked)
- 1 cup Cilantro (chopped)

Directions

- 1 Heat oil in a large skillet with a tight-fitting lid or a large pot over medium-high heat. Add the meat, and break it up with a wooden spoon or spatula as it cooks. Cook for about 10 minutes or until cooked through, adding the garlic in the last few minutes of cook time.
- 2 Add the cumin, chili powder, salt, frozen corn, frozen peppers and onions, and black beans to the pot and stir to incorporate with the meat. Cook for 2 to 3 minutes.
- 3 Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
- 4 Remove from heat, divide into bowls and serve immediately. Top with the fresh chopped cilantro and any additional toppings you'd like. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

No Ground Turkey: Use ground chicken or beef instead.

Vegan & Vegetarian: Swap the ground meat out for cooked lentils.

Additional Toppings: Grated cheese, sour cream, avocado, chopped fresh tomato, shredded lettuce, fresh lime, or extra salsa.

Likes it Spicy: Stir in a chopped jalapeno peppers

No Chickpea Pasta Shells: Use any other type of pasta or pasta shell instead like whole wheat or brown rice.

No Frozen Veggies: Swap with fresh peppers, onions, and corn.