

Shredded Mushroom Taco Mix

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 20 minutes

Step 1: Cooking the Mushrooms and Onions

- 1 Tablespoon of high heat oil
- 6 large king oyster mushrooms shredded (about 2 cups)
- 1/2 white onion, diced

Bring a sauté pan to medium heat and add the mushrooms and onions for about 5 minutes until the onions turn translucent and the mushrooms darken.

Step 2: Adding the spices

- 1 clove of garlic, minced
- 1/2 tablespoon of chili powder
- 1 teaspoon of cumin
- 1 teaspoon of black pepper
- 1 1/2 Tablespoons of Tamari

Add the garlic, chili powder, cumin, black pepper and tamari to the mixture and mix well until coated and cook an additional 2 minutes over medium heat.

Step 3: Serving

Serve the mix with your favorite taco ingredients (example: romaine, shredded carrots, corn, vegan sour cream, salsa and hot sauce).