

Vegan Taco Salad

Ingredients:

1 onion, diced
6 cups mushrooms, diced
2 cans jackfruit (Native Forest), chop
6 cloves garlic
4 TBS tomato paste
1 cup crushed tomatoes
4 TBS maple syrup
2 tsp coconut aminos
½ tsp garlic powder
½ tsp onion powder
1 tsp smoked paprika
Dash of cayenne
1 can red kidney beans, drained (optional)
Lettuce, shredded
Cilantro, chopped
Cassava Chips (optional)

Directions:

Saute onions in water. Once soft, add and all of other ingredients (up to beans).

Serve in bowls and top with lettuce, a garnish of cilantro, and Cassava chips (optional)