

WALNUT TACO "MEAT"

INGREDIENTS:

2 CUPS WALNUTS, SOAKED IN COOL WATER ABOUT 20 MINUTES +

2 CLOVES GARLIC, MINCED

1/4 CUP YELLOW ONION, MINCED

2 TBSP. SOY SAUCE

2 TBSP. OLIVE OIL*

2 TBSP. NUTRITIONAL YEAST

1 TBSP. DRIED OREGANO

2 TSP GROUND CUMIN

1 TSP CAYENNE PEPPER



DIRECTIONS:

- 1.) ADD SOAKED WALNUTS IN FOOD PROCESSOR
- 2.) ADD IN ALL OTHER INGREDIENTS AND PULSE IN THE FOOD PROCESSOR SEVERAL TIMES TO ACHIEVE DESIRED CONSISTENCY.
- 3.) ADD WALNUT TACO MEAT TO YOUR TACO, DISH IT UP WITH YOUR FIXINGS (TOMATOES, ONIONS, AVOCADO, CABBAGE, SALSA, ETC.) AND ENJOY.

