

## Vegan Carne Asada Tacos

Carne de Trigo:

2 cups Bob's Red Mill Vital Wheat Gluten  
2 tablespoons nutritional yeast  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 cup plus 2 tablespoons vegetable broth  
6 cups filtered water  
2 tablespoons molasses  
2 tablespoons Tamari soy sauce

Accompaniments:

Corn Tortillas  
Fresh guacamole or avocado slices  
Salsa  
Shredded lettuce  
Lime wedges

White Sauce:

1/2 cup vegan mayonnaise  
Juice of one lime

Combine the vital wheat gluten, nutritional yeast, onion powder and garlic powder in a large mixing bowl, stir in the vegetable broth and mix scraping the sides of the bowl until it forms a sponge like dough ball. The dough should not be excessively dry or wet or sticky. Knead the dough for just one minute until it begins to feel elastic and firm. Divide the dough into five equal parts and set aside.

Place six cups filtered water in a medium skillet, add the molasses and tamari. Bring to a boil then reduce to a simmer. Place the five wheat meat dough balls into the simmering broth and continue cooking on low heat simmering for one hour, stir occasionally turning the pieces in the broth to cook evenly. Remove the wheat meat from the broth after cooking and let cool.

Slice the cooled meat into thin pieces, lightly coat them with vegetable oil and season them with carne asada seasoning.

Heat a barbecue grill to medium high and grill each piece 2-3 minutes on each side until it begins to caramelize and brown. Transfer the cooked meat to a cutting board and chop into small pieces.

Prepare all the accompaniments, heat the tortillas and serve.



## No-Fish Tacos

*All the goodness and crunch of a fish taco with the new catch of the day, it's a fillet of zucchini!*

No-Fish Fillets:

3-4 medium zucchinis

Batter:

1 cup brown rice flour

1 teaspoon garlic powder

1 teaspoon onion powder

1 1/2 cups unsweetened non-dairy milk

White Sauce:

1/2 cup vegan mayonnaise

Juice of 1/2 lime

Accompaniments:

8-10 corn tortillas

2-3 cups red and green cabbage, thinly sliced 2 avocados, sliced or your favorite guacamole

Pico de Gallo

Lime wedges

Sprigs of cilantro

High heat oil for frying

Cut the stem ends off each zucchini, cut each zucchini in half to make two even pieces about 3-4 inches in length. Next, slice each piece lengthwise into fourths to create four equal fillets about 1/4th inch thick each.

Mix together the brown rice flour, garlic powder, onion powder, sea salt and black pepper in medium mixing bowl. Add the non-dairy milk and mix well, set aside.

Combine the vegan mayonnaise and lime juice in a small bowl and set aside. Prepare the cabbage, avocado, lime wedges, sprigs of cilantro, and Pico de Gallo and set aside.

Warm the tortillas by wrapping them in foil and placing them in a 350 degree oven for 10-15 minutes or heat them individually on a flat grill a minute or two on each side. Prepare the tortillas while frying the zucchini fillets and keep them warm.

Heat a flat grill to medium high and lightly coat it with a few tablespoons of oil.



Using tongs, dip the zucchini fillets in the batter and coat them evenly one at a time then transfer them to the grill. Grill each piece about 3-4 minutes on each side or until they begin to turn golden brown and crispy. Transfer the fillets to a paper towel lined plate to absorb any extra oil.

Build the tacos by placing one or two fillets in each heated corn tortilla, add a spoonful of white sauce then top with shredded cabbage, pico de gallo, avocado or guacamole, another drizzle of white sauce and a sprig of cilantro. Serve with a wedge of lime.

## Veggie Street Tacos

2 zucchinis, halved lengthwise and sliced  
10 assorted sweet peppers  
1 large pasilla chili  
1 jalapeño  
1 medium purple onion slivered into half moons  
1 bag frozen corn  
1 15 oz. can black beans, drained  
1 tablespoon carne asada seasonings  
2 tablespoons olive oil

### White Sauce:

1/2 cup vegan mayonnaise  
Juice of one lime

### Accompaniments:

Street taco sized corn tortillas  
Shredded cabbage  
Lime wedges

Prepare the vegetables and sauté them in a large skillet over medium high for 12-15 minutes or until the chilis and onions are tender. Sprinkle in the seasonings, add the corn and black beans and continuing cooking 2-3 more minutes until it's thoroughly heated.

Heat a large skillet or flat grill, for crispy tortillas fry them in a very small amount of oil, just enough to coat the surface. For soft tacos place the tortillas directly on the hot surface for about one minute on each side. Hold tortillas in a warmer or cover them to keep warm.

Add a large spoonful of the veggies into a tortilla, top with fresh shredded cabbage and a drizzle of the white sauce.

