

## **Mushroom-Walnut Tacos with Queso**

Prep Time: 20 minutes

Cook Time: 10-20 minutes

Yield: 8 tacos

### INGREDIENTS

#### ***For the Mushroom-Walnut Meat:***

- 2 large Portobello mushrooms
- 1/2 cup walnuts, crushed (but not minced)
- 4 tablespoons nutritional yeast
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- a dash of cayenne pepper (*optional*)

#### ***For the Queso:***

- 1/2 cup raw cashews, milled in the blender or food processor
- 2 tablespoons nutritional yeast
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1/3 cup coconut milk
- 1/8 cup grape seed oil

#### ***Additional Ingredients/Toppings:***

- Taco shells/tortillas (*I used mini corn tortillas to keep it gluten-free*)
- tomatoes
- red onion
- spinach
- avocado

### **Step 1: Prepare the toppings.**

Prepare your toppings by cutting up everything you'll need in advance.

### **Step 2: Blend/mix/cook the meat.**

I like to start with the spices. Since nutritional yeast is made with flakes, I like to put all the spices in the blender together at once. That way, all the spices are evenly distributed and fused together.

After that, throw the mushrooms in the food processor until the mushrooms are in

tiny pieces.

Are your walnuts crushed yet? If so, do that now. Make sure your walnuts are decent chunks. I lightly crushed mine with the handle of my cutting knife.

Mix the spices, mushrooms, and walnuts together in a bowl. There's your meat!

Throw the meat on a skillet set at medium heat. Stir/flip the meat every minute or so for about 10-12 minutes. You'll start to see the meat become more crumbly; this is jackpot, people.

### **Step 3: Blend your queso.**

The queso can be made in 5 minutes while the taco meat is cooking (as long as you keep stirring the meat every minute or so).

Start by placing only the cashews in the blender/food processor. Blend until the cashews are in tiny bits or like cashew meal.

After that, toss or pour the rest of the cashew cheese ingredients in the blender/food processor and blend until all ingredients turn into liquid gold.

### **Step 4: Prepare your taco shells.**

If you're using corn tortillas like I did, you're going to need to fry them on the pan on medium heat. I used a tiny bit of coconut oil for every tortilla I used. The tortillas fried for about 2 minutes on each side.

For those of you that are baking your tortillas in the oven, follow the packaged directions to do that.

For those of you eating soft flour tortillas, you may happily be on your merry way to Step #5... asshole. What? I didn't say anything. Okay, I'm just super jealous, alright? Sorry.

### **Step 5: Assemble your tacos.**

Oh yay! This is the fun part! Will you put on the leafy greens first, or the meat? Who cares? It's up to you!