

Botanigals' MSG FREE Turkey with Lentil Tacos OR (Vegan Black Bean with Lentil Tacos)

This recipe can be adapted for meat-eaters, vegetarians, or vegans. The key to traditional taco flavor is the onion/ garlic/ tomato paste created during the first few steps, as our *botanigals' Taco Blend* contains no onion or garlic powder*. Mixing the legumes with the traditional meat options makes these tacos a healthier, high-fiber option. We've always had fun testing these on our young and mature meat-and-potato guests with this recipe to see if they notice the difference...well, they get gobbled up every time!

If you need to bulk up the recipe for a larger group, you can always throw in all three bases, the meat, the lentils, and the beans (or an extra can of beans). This mix is great for large-batching and freezing as it reheats easily, just add water and simmer down!

2 Tablespoons of canola oil

1 medium onion diced

2 large cloves garlic, finely chopped

1 or 2 tomatoes, cored and seeded, pureed with a bit of water

450 grams of ground turkey (you can certainly use ground beef)

2 cans of lentils or 2 cups of cooked lentils (if canned, rinsed until the water runs clear and strain)

1 can of black beans or 1 ½ cups of cooked black beans (if canned, rinsed until the water runs clear and strain)

2 Tablespoons *botanigals' Taco Mix* (or to taste)

1 teaspoon coarse kosher or sea salt (or to taste)

1 ¼ to 2 cups of water, or enough water to simmer just below the contents in the skillet

GARNISH OPTIONS

Green onions

¼ cup finely chopped fresh cilantro leaves and tender stems

Cheese (or cheese substitute)

Diced tomato or other garnishes of choice

Your choice of taco shells, tortillas etc...





STEP 1. Heat the oil in a large skillet over medium-high heat. Add the onion, and stir-fry until golden brown, about 1 minute. Lower the heat to medium and add the garlic.

STEP 2. Once the garlic starts to brown, quickly but carefully add the tomato puree – there will be spattering! Continue to stir-fry until the sauce thickens, about 2 minutes.

STEP 3. If you are making vegetarian/ vegan tacos, you can now add the rinsed and strained lentils and black beans into the sauce in the skillet, stir fry until thoroughly coated and hissing slightly. Go to step 5.

STEP 4. If using meat, add the meat to the skillet and cook until nicely browned THEN add the rinsed beans and lentils.

STEP 5. Sprinkle the *botanigals' Taco Blend* over the contents of the skillet along with the salt, stir to coat, then add the water. I will often add another chopped tomato at this point as well.

STEP 6. Simmer uncovered, stirring occasionally, until the water soaks into the contents. Be sure it is dry enough to maintain the integrity of the taco shells or tortillas – a slight hissing sound is a good benchmark. Remove skillet from heat.

Cover, cool for 5-10 minutes and serve.

** You could also use Asafoetida in lieu of the Alliums by sprinkling it over the oil in step one and adding the tomato paste immediately.*