HOME

Mouth-Watering, Healthy & Easy-to-Make: Epic Vegetarian Tacos Recipe

By bestfolkmedicine · 06/07/2019 · 1 min read



Free of meat and full of plant deliciousness, these tacos really deserve the title 'epic'. Even the most hardcore carnivores will want to try it out once they smell the beautiful aroma they release!

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Made with pinto beans, avocados, onions, and an abundance of fresh garnishes, this taco is inspired by an authentic taqueria in Bonito Michoacan town in Mexico. On Fridays, they sell one-dollar tacos so that everyone can enjoy the deliciousness.

Whether you prepare them for a night-together with friends or as a quick dinner, believe us, you will make them again. These tacos are suitable for people who follow a vegetarian diet, but also for those who lead a healthy diet and want to enjoy a good meal.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

In less than an hour, you will have a quality, tasty, and creamy tacos for everyone to enjoy!

Epic Vegetarian Tacos Recipe

You will need:

8 corn tortillas

Pickled onions

Refried beans

Avocado dip

For garnish:

Feta cheese or crumbled Cotija

Green cabbage, shredded

Salsa verde

Fresh cilantro, chopped

Lime or lemon wedges

Preparation:

In a skillet over medium heat, in batches, warm up the tortillas on each side and then put them in a plate. Cover them with a towel to keep them warm.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

Then, take a tortilla and spread the beans down the center. Repeat it with every other tortilla. Now, add the onions and avocado dip. At the end, put the desired garnish and serve right away.

Extra Tips:

- ***To make this recipe gluten-free, opt for a 100 percent gluten-free tortillas***
- ***To make it vegan, exclude the cheese***

Sources:

COOKIE AND KATE

TASTE OF HOME

SOFAB FOOD

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