

Vegetarian Tacos

Ingredients:

- 1/4 white onion
- 3-5 gloves garlic
- 3 tablespoons avocado oil
- 2- cups cauliflower rice
- Sweet potato
- 2-3 cups finely chopped spinach
- 3-4 cups mushrooms
- 1 can black beans
- Taco seasoning
- 1/2 cup feta



Instructions

1. Add the white onion, garlic, and avocado oil to a large pan and cook on medium/low heat
2. Finely chop sweet potato and bake in the oven or air fryer until soft
3. To the pan, add cauliflower rice, finely chopped mushrooms, sweet potato, add spinach. Allow everything to cook
4. Add taco seasoning
5. Finish with feta
6. Enjoy as a taco, as a salad, or a dip!