

# Tempeh Tacos with Avocado



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Ingredients

- 1 package soy tempeh, crumbled
- 1 small onion, diced
- 1 lime
- ¼ cup water
- 2 tablespoons taco seasoning (see below)
- 1 avocado, chopped
- 8-10, 6-inch corn tortillas

## Taco Seasoning

- 3 tablespoons chili powder
- 1 ½ tablespoon cumin
- 1 ½ tablespoon paprika
- 1 tablespoon cayenne (or less to taste)
- 1 tablespoon garlic powder
- ½ teaspoon cinnamon

## Directions

1. Mix taco seasoning by sifting all ingredients together. Taco seasoning also works great in chili or as a topping for nachos or salads.
2. Place pan on medium-high heat and sauté tempeh and onion in water until onion is translucent. If all water evaporates, add a few more tablespoons. Add remaining ingredients to pan and mix well (feel free to alter amounts to suit your tastes). Serve warm on corn tortillas and enjoy.

Recipe from Cook Well Berkeley: “Flexitarian” Meals, Fall 2012