



Mega-Meaty Meatless Tacos



1/3rd of recipe (2 tacos): 197 calories, 6g total fat (2g sat fat), 617mg sodium, 26.5g carbs, 3.5g fiber, 3.5g sugars, 11.5g protein

Freestyle™ [SmartPoints®](#) value 5*

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Prep: 5 minutes **Cook:** 10 minutes



Tagged: [Lunch & Dinner Recipes](#), [Meatless Recipes](#), [30 Minutes or Less](#)

Ingredients

2 cups finely chopped brown mushrooms
1/2 cup chopped onion
1/2 cup frozen ground-beef-style soy crumbles
2 tsp. taco seasoning mix
6 corn taco shells
6 tbsp. shredded fat-free cheddar cheese
6 tbsp. pico de gallo (or chunky salsa)
Optional toppings: shredded lettuce, fresh cilantro

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Cook and stir mushrooms and onion until softened, about 6 minutes.

Reduce heat to medium. Add soy crumbles to veggies and sprinkle with taco seasoning. Cook and stir until hot, about 2 minutes.

Evenly distribute veggie-crumbles mixture among the taco shells, about 3 tbsp. each. Top each taco with a tbsp. of cheese and a tbsp. of pico de gallo. CHOMP!

MAKES 3 SERVINGS

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.