



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

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

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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

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