

## Ken's Cauliflower Tacos



Ken's version of A Betty Crocker Recipe. Veggie lovers will enjoy this version of a vegetarian taco.

### INGREDIENTS: ROASTED CAULIFLOWER

1 - Medium head – Cauliflower (2 lbs.), separated into floretst

2 tbsps. - Olive Oil \*\* 1/2 tsp - Salt

### INGREDIENTS: CRISPY CHICKPEAS

1 can (15oz.) - Chickpeas (garbanzo beans)

1 tbsp - Olive Oil \*\* 1/2 tsp. - Salt

1/4 tsp. - Garlic Powder \*\* 1/4 tsp. - Ground Cumin

1/4 cup - Ground Oregano

### INGREDIENTS: CILANTRO-PEPITA PESTO

2 - cups Fresh Cilantro Leaves

1/3 - cup Pepita (A pepita is harvested from specific hull-less pumpkin

Varieties, known as Styrian or Oil Seed pumpkins.)

1 small clove Garlic (cut in half)

2 tbsps. - fresh Lime Juice \*\* 1/2 tsp - Salt

1/4 cup - Olive Oil

### TORTILLAS:

8 - White Corn Tortillas (heated as directed on package)

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## Ken's Breakfast Tacos



Prep: 15 Min \*\* Total: 20 Min \*\* Servings: 6

Ken's version of Breakfast Taco's. You will eat them any time of the day after trying them! This dish will quickly become a favorite.

### INGREDIENTS:

4 - Large Eggs \*\* 1/4 tsp - Garlic Salt \*\* 1/4 tsp - Pepper

1/4 cup - Chopped Green Bell Pepper

1 medium - Green Onions, chopped (1/4 cup)

1 tbsp - Butter or Margar

1/2 cup - Shredded Cheddar Cheese (2 oz)

1/2 lb. Bulk Pork Sausage (salt & Pepper only)

6 Taco Shells - Old El Paso™ Crunchy Taco Shells (12 Count)

1 cup - Shredded Lettuce

1/4 cup - Mild Thick & Chunky Salsa

### DIRECTIONS:

1.) In 8-inch skillet, cook Pork Sausage, crumbling as you cook, till done, set Pork aside and drain on paper towel and cool. (So Egg mixture does not cook when adding.)

2.) In small bowl, beat Eggs, Garlic Salt and Pepper thoroughly with fork or wire whisk. Stir in Bell Pepper and Onions.

3.) Wipe skillet with a paper towel, melt butter over medium heat. Pour egg mixture into skillet, stir in Pork Sausage. As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that thin, uncooked portions can flow to bottom. Avoid constant stirring. Cook 3 to 4 minutes or until Egg/Sausage mixture is thickened throughout. Gently stir in Cheese.

3.) Heat Taco Shells as directed on package. Place Lettuce in Shells. Spoon Egg/Sausage mixture onto lettuce. Top with Salsa.

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## Jenn Segal's Beef Tacos

[www.onceuponachef.com](http://www.onceuponachef.com)



Servings: 6 to 8 \* Prep: 20 Minutes \* Cook: 25 \* Total: 45 Minutes

### INGREDIENTS: FOR THE BEEF FILLING:

- 2 pounds - 90% Lean Ground Beef
- 1/2 tsp - Baking Soda \*\* 1 tsp - Salt
- 1 1/2 tbsps. - Vegetable Oil
- 1 large - Yellow Onion, finely chopped
- 5 cloves - Garlic, minced \*\* 1/4 cup - Chili Powder
- 2 tsps. - Ground Cumin \*\* 2 tsps. - Ground Coriander
- 1 tsp. - Smoked Paprika \*\* 1 tsp. - Dried Oregano
- 1/2 tsp. - Cayenne Pepper \*\* 1 (8-oz) can tomato sauce
- 1 cup - Water \*\* 1 tsp. - Sugar
- 2 tbsps. - Lime Juice, from 1 Lime

### SHELLS AND TOPPINGS:

16 Taco Shells (warmed according to package instructions)  
Optional: shredded Mexican Blend Cheese, shredded Iceberg Lettuce, Diced Tomatoes, Sour Cream, Diced Avocados, Diced Onions, Chopped Fresh Cilantro

### INSTRUCTIONS:

- 1.) In a medium bowl, mash the beef with the baking soda and salt. Let sit for at least 15 minutes or up to 1 hour.
- 2.) Heat the oil in a large nonstick skillet over medium heat until hot and shimmering. Add the onion and cook, stirring occasionally, until softened, about 4 minutes. Add the garlic and cook 1 minute more. Do not brown. Add the beef, chili powder, cumin, coriander, paprika, oregano, and cayenne pepper and cook, stirring constantly and breaking meat up with a wooden spoon, until the beef is no longer pink, about 5 minutes. Add the tomato sauce, water, sugar, and lime juice; bring to a simmer. Reduce the heat to medium-low and cook, uncovered, stirring frequently and breaking up the meat, until the liquid has reduced and thickened (the mixture should not be completely dry), 10 to 15 minutes. Taste and adjust seasonings if necessary.
- 3.) Using a wide, shallow spoon, divide the filling evenly among the taco shells; place two or three tacos on individual plates. Serve immediately, passing the toppings separately.

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### DIRECTIONS:

- 1.) Heat oven to 425°F. Place Cauliflower florets in large bowl. Drizzle with 2 tbsps. Olive Oil, sprinkle with 1/2 tsp. Salt. Stir until evenly coated. Arrange on large cookie sheet. Bake 15 minutes; stir, bake 15 to 20 minutes longer or until Cauliflower is tender and browned.
- 2.) Meanwhile, mix Crispy Chickpeas ingredients. Spread on 15 x 10 x 1-inch pan. Bake 15 minutes: stir, bake 15 minutes longer until Chickpeas are slightly browned and crispy.
- 3.) In a food processor, place all Pesto ingredients except Olive Oil. Cover: process using quick on-and-off motions. With food processor running, slowly drizzle in 1/4 cup Olive Oil through the feed tube, stopping halfway through to stir mixture with a spatula. Remove Pesto to a small bowl.
- 4.) On each Tortilla, Spoon about 1 tbsp. pesto, then about a 1/2 cup roasted Cauliflower and 1 tbsp. Crispy Chickpeas. Garnish with Fresh Cilantro and serve remaining Chickpeas.

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