



BURGUNDY RED RICE MEATLESS TACOS

QUICK INFORMATION

TIME



1HR

SERVES



6

CALORIES



380

VEGAN



RECIPE

INGREDIENTS

- 1 cup Lundberg Organic Red Rice
- 1 packet of your favorite taco seasoning
- 1 cup low sodium tomato juice
- ½ cup chopped onion
- 1-2 Tbsp. minced jalapeno
- 1 cup of water
- 1 pack of taco shells (soft or crunchy)
- Toppings
- 1 can black beans
- 1 cup, chopped tomatoes
- 1 cup shredded cabbage or lettuce
- ½ cup chopped onions
- ½ cup chopped cilantro
- Your favorite salsa
- 1 cup shredded cheese (optional)
- Guacamole or
- Avocado cream (optional)
- 2 avocados, mashed
- 1-2 Tbsp. salsa
- 1 Tbsp. chopped cilantro
- ½ - ¾ cup sour cream

NUTRITIONAL FACTS

Serving Size: 2 tacos, ¼ cups of rice mix per taco

AMOUNT PER SERVING

Calories 380 Calories from Fat 117

Total Fat 13g
Saturated Fat 2.5g
Cholesterol 5mg

Sodium 460mg

Total Carbohydrates 58g
Fiber 10g
Sugar 5g

Protein 8g

PREPARATION

Cook the Lundberg Organic Red Rice according to directions on package. Heat a skillet on medium high. Add the cooked rice, taco seasoning, tomato juice, chopped onion, minced jalapeno and water. Blend well and cook until the moisture evaporates. The rice will start to resemble taco meat.

If desired, warm the black beans in a small saucepan.

For the avocado cream, mash the avocados then blend the salsa, cilantro and sour cream. Use enough sour cream to achieve a thin spoonable consistency.

Fill the taco shells using the rice as the base and add your favorite fillings. Top with Avocado Cream.