

# VEGAN TEX-MEX

Does your mind ever go completely “blank” when trying to think of what to have for dinner? Mine does. Which is exactly why I put together a few Mix & Max Recipe Charts –(for staples like veggie burgers, salads, stir-fry, & tex-mex).

You likely already have what you need to have an awesome tex-mex meal. Look at what you have on hand in your pantry/frig & use our mix & match guide for a little inspiration. Make a soft taco, burrito, wrap, quesadilla, tex-mex pizza, hard taco, bowl, or pile the fixings on a bed of greens for a salad.

**\*CHOOSE ORGANIC PRODUCTS WHEN POSSIBLE.**

## 1. HEARTY BASE

**START WITH A HEARTY/FLAVORFUL VEGAN BASE. TRY ANY COMBINATION THAT SOUNDS GOOD. MOST BEANS PAIR WELL WITH QUINOA OR RICE.**

- BLACK BEANS
- BLACK BEANS & QUINOA
- CAULIFLOWER
- CHICKPEAS/GARBANZO BEANS
- LENTILS (ANY VARIETY)
- NUT TACO MEAT SUBSTITUTE
- PINTO BEANS
- POTATOES
- QUINOA/BROWN RICE/MILLET
- TEMPEH
- TOFU

**FAV♥RITE BASE/COMPLETE RECIPES:**

- CHIPOTLE CAULIFLOWER (ROASTED)
- SWEET POTATO & QUINOA TACO BASE
- LIME CILANTRO QUINOA & SWEET - POTATO TACOS
- NUT & SEED TACO MEAT
- EASY WALNUT TACO MEAT
- SOFRITAS (USE WITH TOFU, BEANS, ETC.)
- SPICY BEAN BURRITO

## 2. GRAINS

**IF THERE IS NOT ALREADY ONE IN YOUR BASE, CONSIDER ADDING A GRAIN. CHOOSE SPANISH STYLE OR A SIMPLE LIME/CILANTRO DEPENDING ON WHAT YOUR TASTE BUDS ARE CRAVING.**

- BASMATI LONG GRAIN BROWN
- BROWN JASMINE LONG GRAIN RICE
- BROWN SHORT GRAIN RICE
- MILLET
- QUINOA

**FAV♥RITE RICE RECIPES:**

- CILANTRO RICE
- SPANISH RICE

## 3. VEGGIES/SLAWS

**PILE THE VEGGIES ON BY THEMSELVES OR CREATE A VEGGIE SLAW.**

- AVOCADO
- BLACK BEANS
- CABBAGE
- CARROTS (SHREDDED)
- CHARD
- CHIA
- CHICKPEAS
- CORN
- CUCUMBERS
- FLAX SEEDS
- GRAPES
- JICAMA
- KALE
- MANGO
- PEACHES
- PINEAPPLE
- ROMAINE
- SPINACH
- SUNFLOWER SEEDS

**FAV♥RITE SLAW RECIPE:**

- CITRUS SLAW

## 4. SALSAS

SALSAS CAN BE A DELICIOUS COMPLIMENT TO YOUR TEX-MEX DISH & THEY MAKE GREAT DRESSINGS FOR TACO SALADS.

- BLACK BEAN & CORN SALSA
- CORN SALSA
- CRANBERRY SALSA
- MANGO SALSA
- PEACH SALSA
- PINEAPPLE SALSA
- STRAWBERRY SALSA
- TOMATO SALSA
- WATERMELON SALSA

### FAV♥RITE SALSA RECIPES:

- PEACH/MANGO SALSA
- TRADITIONAL TOMATO SALSA
- AVOCADO/CORN SALSA

## 5. SAUCES

THE RIGHT SAUCE IS A GAME-CHANGER. SO, DRIZZLE ONE OF THESE OVER YOUR CREATION!

- CHIPOTLE
- GUACAMOLE
- SOUR CREAM DAIRY FREE
- FOLLOW YOUR HEART
- GO VEGGIE
- TOFUTTI SOUR CREAM
- SWEET CHILI SAUCE

### FAV♥RITE SAUCE RECIPES:

- CHIPOTLE GLAZE
- CHIPOTLE SOUR CRÈME
- GUACAMOLE
- LIME CREMA

## 6. WRAPS

CHOOSE YOUR WRAP OF CHOICE; SPROUTED GRAIN, GLUTEN FREE, WHOLE GRAIN, CORN, ETC. OR, GRILL IT FOR A DELICIOUS QUESADILLA. OR, SKIP THE WRAP & MAKE A BOWL, OR CREATE A MIND-BLOWING SALAD.

ALVARADO BAKERY

LA TORTILLA

MARIE & RICARDO

RUDI

SIETE

UDI