

## Dave's Burrito/Taco Filling

This has evolved and changed each time I make it, and it all began with wanting to make street tacos with some Mexican seasoned, ultra-low-fat plant-based grounds and some whole wheat street taco tortillas I found one day at Grocery Outlet in Chehalis, WA.

This is how I made it this day (19 MAR 2023).

Preheat oven to 375°F.

Prepare the following ingredients:

2 **sweet potatoes**, loosely peeled, finely diced and tossed/seasoned with favorite potato seasonings

2 **onions**, finely chopped

2 **bell peppers**, finely chopped

2 – 16 oz. cans of **no-salt black lentils**, drained, rinsed (usually use **no-/low-salt beans**, but have 2 dozen cans of these black lentils to use up)

1 – 10 oz. can of **RO-TEL®** (no drain)

1 – 7 oz. can of **HERDEZ® Salsa Taquera** (or similar product)

A few cloves of **garlic**, finely chopped/minced

A couple of **chipotle peppers**, finely chopped/minced

1 packet of **taco or burrito seasoning**

A little **liquid smoke**

A little more **liquid aminos**

1 cup of **water**

2 cups **frozen corn**

2 cups **soy curls**

1 bunch of fresh **cilantro**, chopped

**Lime juice**

Season and toss the diced/chopped sweet potatoes, onions and peppers together in a large bowl.

Then spread them onto a large parchment covered grilling rack, sheet, or tray. Bake for 40 minutes at 375°F.

In a large sauce pan combine all wet ingredients and heat to a bubbling simmer.

When bubbling, add soy curls and stir in to completely coat/cover soy curls.

Turn heat to lowest simmer setting to let soy curls absorb moisture and flavor.

When oven ingredients are done, combine and toss everything in a large bowl.

Stir in the cilantro and add lime juice to taste.

Serve with warmed tortillas, pico de gallo, taco sauce, warm rice, oil-free chips... **Or just eat it by itself!** 😊