



## Cauliflower Taco Meat

### Ingredients:

- 1 Head of Cauliflower
- 1 TBSP Avocado Oil
- Taco Seasoning or Marinade of Choice
- 1/2 Diced Onion
- 1/2 Diced Bell Pepper

### Directions:

1. Clean and pat dry Cauliflower, then roughly chop. If you like more finely chopped do that as well.
2. Marinate with seasoning or marinade of choice for 1 hour before cooking
3. Place oil in skillet, as well as seasoned cauliflower and cook to your liking
4. Once done enjoy in tacos, burritos, tostadas, nachos or burrito bowls!

\* If you want a more crispier outcome, mixture can also be placed on cookie sheet lined with parchment paper on 375. Also want sure to watch and flip mixture frequently