



# *Plant Based Taco Filling*

with brown lentils

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## **Ingredients:**

### **For the taco meat**

- 1- 15 oz can of brown lentils
- 1/2 of a medium onion, diced
- 1/2 cup of tomato paste
- 1/2 cup of water
- 2 tsp of olive oil
- 1 tsp smoked paprika
- 1 tsp. cumin
- 1/2 tsp of oregano
- 1/4 tsp. of chili powder
- 2-3 Tbsp. of vegan Worcester sauce

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## Tools and Equipment

- Measuring cups
- Measuring spoons
- Wooden spoon
- Whisk
- Large pot
- Medium pot
- Can opener
- Medium bowl
- Cutting board
- Sharp knife
- Citrus juicer

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## Directions:

**1.) Cook the grits:** Bring 3 cups of water to a boil in a medium pot. Once boiling, reduce heat to medium and add 3 tsp. vegetable broth powder and stir until dissolved. Next add grits to the broth, 1/4 cup at a time whisking continuously until mixture begins to thicken. Once slightly thickened, remove from heat, cover and set aside.

**2.) Prepare the chili:** Dice the onion and mince the garlic. Cut acorn squash in half and scoop out seeds with a spoon. Cut squash into 1 inch cubes (no need to peel). Preheat a large pot over medium heat. Add onion and garlic along with 2 Tbsp. water and saute for 3-5 minutes. Add spice mix (cumin, chili powder, and paprika), Saute for 30 seconds, stirring continuously. Add cubed squash, fire-roasted tomatoes, tomato sauce, and reserved vegetable broth (1 cup) to the pot. Cover and simmer on low while you prepare the remaining ingredients. Remove and discard center stalk from kale leaves. Chop the leaves. Drain and rinse the beans. Add chopped kale leaves and beans to the pot. Cover and simmer for 20 minutes until the squash is very soft.

# Three Sisters Chili Bowl

with gritz and quick corn salsa

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## Directions:

**3.) Make the corn salsa:** Deseed and dice the jalapeno. Thinly slice the green onions. Drain and rinse the corn. Juice the lime. Add the corn, jalapeno, green onions, and lime juice to a small bowl. Stir to combine.

**4.) Build your bowl:** Spoon about ½ cup of the grits into your bowl. Add about 1 cup of acorn squash stew. Top with a few tablespoons of corn salsa. Enjoy!

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## Chef's Notes

\*If you do not have vegetable bouillon, you can make some homemade by using our [vegetable bouillon recipe](#)

\*Remove grits just as they begin to thicken; they will continue to thicken when taken off the heat.

\*If you don't have a citrus juicer, you can simply hold the lime half in your hand over a bowl and use the tines of a fork. Wiggle the fork back and forth to extract the juice. You can also get more juice out of the lime if you roll it around on your countertop for a few minutes before cutting it in half.

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