

Recipe One

## Meatless Tacos

with green onions, cilantro, red bell peppers, mushrooms and meatless ground beef!



## Ingredients:

- 1 Package of Lightlife Smart Ground protein crumbles-Mexican style
- 1 Red Bell Pepper
- 1 Package sliced Mushrooms
- 1 Cup Chopped Green Onions
- 1/2 cup chopped Cilantro
- Whole Grain tortillas

Start by chopping up the Bell Peppers, Green onions and Cilantro. Put them off to the side.

Then in one pan heat the ground protein crumbles on low heat and in a separate pan heat mushroom till they release all their moisture.

Then combine all ingredients onto the tortillas!

**ITS THAT EASY!**