

Vegetarian Double Decker Tacos

About 4 servings

Ingredients

1 Package Smart Ground Veggie Crumbles
1/2 Yellow Onion
1/2 Green Bell Pepper
2 Cloves Garlic
1 Can Vegetarian Refried Beans
1 Tbsp Canola Oil
Hard Taco Shells
Small Flour Tortillas

Seasonings

1/2 tsp Cumin
1/4 tsp Paprika
1/2 tsp Chili Powder
Salt and Pepper to taste
Hot Sauce
1/8 Cup Water

Toppings

Chives
Cheddar Cheese
Black Olives
Lettuce
Sour Cream
Salsa
Tomato

Chop your onion, bell pepper and garlic, set aside. In a medium bowl use a fork to lightly fluff your Smart Ground crumbles. At this point you can start heating your refried beans on **low** in a small sauce pan on a back burner.

In a large non-stick skillet heat your TBSP Canola oil. Add your onion and bell pepper and saute until just tender. Add your garlic and saute for one minute, then add in Smart Ground Crumbles and all your seasonings and hot sauce. I like to season to taste here, tossing in spices until it tastes just right. I add about a TBSP to an 1/8 cup water at the end to soften up the crumbles. (Make sure to let all the water cook off before serving, you don't want soggy crumbles!)

To assemble; lay out your soft taco, spread on a layer of refried beans, press your hard shell taco directly into the beans using them as a delicious glue to hold your shells together. Fill your

hard shell with your veggie crumbles mix, top with lots of cheese and layer on as many other toppings and physically possible then Enjoy!