

Vegan Breakfast Tacos- 1 serving (about 3 tacos)

Ingredients:

1. Your favorite plant based sausage. Mine is "Light Life Gimmie Lean Meatless Veggie Sausage"
2. Your favorite vegan tortillas (3)
3. ¼ diced white onion
4. ¼ diced tomato
5. 2 mini bell peppers or ¼ of a large diced (any color)
6. handful of shredded lettuce
7. 3 tbsp. vegan shredded cheddar cheese
8. can of black beans
9. paprika
10. chili powder
11. garlic powder
12. hot sauce (I use Cholula)

Instructions:

1. spoon out about 2 heaping tablespoons of the sausage into a nonstick pan over medium heat. (don't try to break it up into small pieces yet. It is too sticky. Wait until it is browned a little to break it up with a spatula or spoon)
2. Add your diced onion and diced bell pepper to the pan.
3. Drain and rinse the can of black beans and add about 3 tablespoons to your pan (or however much you like)
4. Sprinkle paprika, garlic powder, and chili powder onto the sausage and veggies in the pan. I probably use about a teaspoon of each.
5. In another pan, spray with a little cooking spray and add a tortilla. I use about 1 tablespoon of cheese on each tortilla. Sprinkle the cheese evenly and cover with a lid to help it melt. Repeat this for however many tacos you are making.
6. Once your sausage has browned a little, break it up with your spatula into tiny pieces. Once it is cooked through, remove the veggie sausage and bean mixture from heat and add to your tortillas with cheese.
7. I like to top my tacos off with diced tomato, diced raw white onion, vegan sour cream, and Cholula.





Nutrition Facts (for all three tacos)

- Sausage = approx.. 60 cals
- Veggies...do they even count? Let's say 20 cals

- Black beans = approx.. 40 cal
- Tortillas depending on the brand = approx.. 180 cal
- Vegan cheese depending on the brand = approx. 80—90 cal
- TOTAL = 380 cal