

# Tasty Taco Crumbles

## About the Recipe

**136 Calories · 6 g Protein · 2 g Fiber**

**Sauce/Dressing/Topping**

## Ingredients

***Makes 12 Servings***

- 1/2 cup sundried tomatoes, dry, not packed in oil
- 1 cup raw unsalted sunflower seeds
- 1 cup raw unsalted pepitas
- 1 tablespoon nutritional yeast
- 1 teaspoon garlic powder
- 1 teaspoon sea salt
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 1 teaspoon onion powder
- 1/8 teaspoon cayenne pepper
- 3 tablespoons water
- 1 tablespoon coconut aminos

## Directions

1. Add the sundried tomatoes, sunflower seeds, pepitas, nutritional yeast, garlic powder, salt, paprika, chili powder, onion powder, and cayenne pepper to a food processor. Start by pulsing the ingredients to get everything combined and then process until everything is a crumble consistency. Do not overprocess into a paste.
2. Add the water and tamari and pulse until everything is well combined; the liquid should be evenly dispersed, and the consistency should be like a beef crumble.

3. Use on taco shells, lettuce wraps, burritos, and nachos.

## Nutrition Facts

*Per serving:*

**Calories:** 136

**Fat:** 11 g

**Saturated Fat:** 1 g

**% Calories From Fat:** 68%

**Cholesterol:** 0 mg

**Protein:** 6 g

**Carbohydrate:** 6 g

**Sugar:** 1 g

**Fiber:** 2 g

**Sodium:** 231 mg

**Calcium:** 20 mg

**Iron:** 2 mg

**Vitamin C:** 1 mg

**Beta-Carotene:** 103 mcg

**Vitamin E:** 4 mg