



PORTABELLA FAJITAS

Perfect as a starter or tapas!

Chef Afi Green

SERVINGS: 4

PREPPING TIME: 15 MIN COOKING TIME: 7-10 MIN

INGREDIENTS

- 3 med Portabella Mushroom
- 1 Red & Green Peppers
- 1 Large Onion
- 1/4 Cup Liquid Smoke
- 2 tsp Paprika
- 1 tbsp Tamari or Braggs Aminos
- 2 tsp Garlic Powder
- 2 tsp Cumin
- 1 tsp Chili Powder
- 1 tbsp Olive Oil
- 6 Corn or Flour Tortillas

DIRECTIONS

1. Begin with wiping the portabella mushroom caps with damp paper towel, to remove any dirt. Then remove the stem and begin to cut into slices and place into a med bowl.
2. Then add the liquid smoke, paprika, tamari or braggs aminos, garlic powder, chili, cumin and olive oil into the bowl with the portabella mushrooms and stir & let sit while you prep the other veggies.
3. Begin slicing the bell peppers and onions into julienne slices.
4. Heat and grill pan or a regular skillet on med with 1 tbsp of olive oil.
5. Place the veggies and the marinaded portabella mushroom in the pan and cook for 7-10 min or until peppers are soft and the onions are translucent.
6. Warm flour or corn tortillas and then place some the fajita mixer onto the tortillas. You can eat alone or with vegan sour cream.

NOTES

Some of the health benefits of Portabella Mushrooms are B-vitamins, which helps with energy, cognitive, heart, stress, metabolism, blood pressure, PMS, headaches, skin and more.