

BBQ Tacos

BBQ cauliflower tacos with garlic lime rice



Ingredients:

Soft Corn Tacos

Head of Cauliflower

1 15 oz can Black Beans — Drained and rinsed

Garlic Powder — as much or little as you like

Ground Cumin — as much or as little as you like

Ground Cayenne Pepper

Chipotle Spice

2 cups jasmine rice

4 cups water

2 tablespoons minced garlic

2 Limes

1 cup of chopped Cilantro

Vegan sour cream (or regular to substitute)

Olive Oil for both rice and cauliflower

Hot sauce (optional)

To make the garlic lime rice:

Coat a medium sized pot with olive oil. Add the minced garlic and heat 1 min. Add the 2 cups of jasmine rice and 4 cups of water. Bring to boil and reduce heat and cover. Let simmer for 15 mins or until the rice is soft and cooked. Once the rice is cooked turn off heat.

Quarter the Lime and add the juice from 2 to 4 slices of lime (depending on how citrusy you like it).

Season with salt and pepper and mix. Set aside and keep warm.

Tacos:

Cut out the core of the cauliflower. Chop and break up into five one inch pieces (Less than an inch is best.)

On a baking tray, spread out the cut cauliflower and black beans. Add the garlic powder and ground cumin generously. Then, add the ground cayenne pepper and chipotle spice depending on how spicy you like your food.

Add salt/pepper and enough olive oil to mix.

Transfer to a Perforated grilling tray. If you do not have the tray, aluminum foil will also work. Grill for 20 mins or until the cauliflower is browned. Set aside.

Grill the taco shells 3-4 mins per side or until they are lightly browned.

To eat:

Quarter the remaining Lime, then quarter again. Add the cauliflower/bean mix to the taco. Add a pinch of cilantro, spoonful of (vegan) sour cream (and optional hot sauce).

Serve with the rice and garnish with small Lime.

I'd like to thank my good friend, Steve, for sharing this delicious and easily vegan adaptable recipe! We hope you enjoy it!!