

# Lauren's Kitchen: Taco Time



There's nothing that says crowd pleaser more than tacos—and that goes double for those of us who reside in the ATX. What makes tacos such a favorite is their versatility. We can thank our amazing designer and client, Christine Terrell, for reminding me that you can't have too many "go to" recipes for plant-based taco filling. Trying to keep the meat lovers in her family happy, she searched for a filling with a hearty texture and came up with this delicious lentil and cauliflower option. It was a big enough success for her to pass it along. Thanks Christine!

## Ingredients:

- 1 cup brown lentils, uncooked, or 3 cups cooked lentils
- 3 cups water
- 2 cloves garlic, minced
- 1 large head cauliflower
- 1 large onion, chopped
- 4 cloves garlic, minced
- 2 tablespoons mild chili powder, divided
- 1 teaspoon salt, or to taste
- 1/2 teaspoon cumin

1/2 teaspoon smoked paprika

1/4 to 1/2 teaspoon chipotle powder or cayenne pepper (to taste)

Generous grating black pepper

Salt to taste

Full preparation instructions can be found [here](#).