

Mushroom Tacos

Flavorful vegan mushroom tacos with sautéed mushrooms, fresh toppings, and warm tortillas. Easy plant-based Mexican recipe ready in 50 minutes.

30 min

PREP

20 min

COOK

50 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Ingredients

- 3 mushroom
- 2 tbsp olive oil
- 1 red onion
- 2 clove garlic
- 1 lime juice
- 1 tbsp taco seasoning
- 1 cup cilantro (coriander)
- 1 tsp rock salt
- 1 tsp black pepper
- 4 corn tortilla

Instructions

1 Prepare the mushrooms

Rinse 3 portobello mushroom caps under cold water and pat completely dry with paper towels. Remove stems and slice caps into ½-inch thick strips.

2 Finely dice 1 red onion and mince 2 garlic cloves. Set aside separately.

3 Marinate the mushrooms

In a large bowl, combine sliced mushrooms with 2 tablespoons olive oil, 1 tablespoon lime juice, 1 teaspoon cumin, and 1 teaspoon chili powder. Toss until evenly coated and let marinate for 10 minutes at room temperature.

4 **Cook the vegetables**

Heat a large skillet over medium heat. Add diced onion and cook for 3-4 minutes, stirring occasionally, until softened and translucent. Add minced garlic and cook for 30 seconds until fragrant.

5 Add marinated mushrooms with all their liquid to the skillet. Increase heat to medium-high and cook for 8-10 minutes, stirring occasionally, until mushrooms are golden brown and any liquid has evaporated.

6 Add 1 cup black beans to the mushroom mixture and cook for 2 minutes until heated through. Season with salt and pepper to taste.

7 **Warm the tortillas**

Heat 4 corn tortillas in a dry skillet over medium heat for 30 seconds per side until warm and pliable, or wrap in damp paper towels and microwave for 20-30 seconds.

8 **Assemble and serve**

Divide mushroom and bean mixture evenly among warm tortillas. Serve immediately with lime wedges, chopped cilantro, diced avocado, and your favorite salsa.

Tips

Clean mushrooms with a damp paper towel instead of rinsing them under water to prevent excess moisture that leads to soggy tacos.

Marinate sliced mushrooms in olive oil, lime juice, and spices for at least 10 minutes to develop deeper flavors and ensure even seasoning throughout.

Cook mushrooms over medium-high heat without overcrowding the pan to achieve proper caramelization and evaporate excess moisture effectively.

Warm tortillas just before serving using a dry skillet, directly over a gas flame, or wrapped in damp paper towels in the microwave for optimal texture.

Keep taco components separate until ready to serve to prevent soggy tortillas and maintain the fresh texture of toppings.

Add a splash of lime juice or apple cider vinegar to balance overly spicy mushroom filling and brighten the overall flavor profile.

Use a cast iron skillet or well-seasoned pan for the best caramelization and to prevent mushrooms from sticking during cooking.

Prep all toppings and sauces before cooking mushrooms since they cook quickly and are best served immediately while hot.