

Cathy's Veggie Taco Filling

Veggie Taco Filling

This is a great vegetable filling for a soft taco or as a side dish served with rice.

- 2 tsp olive oil
- 1 large onion
- 2 large carrots, thinly sliced
- 1 clove garlic
- 2 tbs chili-like seasoning (from the *Vegan Homestyle Recipe Book*)
- 3-4 med zucchini, cut into 1/2" cubes
- 1 large bell pepper, seeded and chopped
- 8 oz whole kernel corn (frozen, canned or fresh)
- 16 oz kidney beans, drained (or other beans like pinto or black beans if desired)

In large frying pan, over medium heat, heat oil and add water as need for moisture. Add onion, carrots, garlic and chili-like seasoning. Cook stirring constantly until onion is transparent, about 10 mins. Stir in zucchini, bell pepper, corn and beans, cook stirring often, until zucchini is tender crisp, 7 or 8 mins. Spoon into a serving dish and serve hot. I use to make a soft whole grain taco. One could be creative and add other items that they prefer. Yum!

Cathy Mercier

Live-for-Health Chili-like Seasoning

Not hot, but tasty!

- 2 T. paprika
- 1 T. parsley flakes
- 1 T. sweet basil
- 1 T. onion powder
- 1 t. oregano
- 1 t. cumin
- 1 t. garlic powder
- 1/2 t. savory

Makes 1 c. Use in place of chili powder.