

Meatless Meaty Mushroom Burrito

BY MICHELLE S.



INGREDIENTS:

✓ Available for purchase in the PureFormulas Store

Mushroom Walnut Filling

- 1/2 cup of raw walnuts soaked overnight (soak in filtered water)
- 1 8oz package of baby bella mushrooms
- 1/4 tbsp ground cumin
- 2 tbsp diced onion
- 3 diced garlic cloves
- 1/4 tsp chili powder
- 1/4 tsp cayenne pepper

- 1/2 TBSP safflower oil
- Salt, about 2 dashes
- Pepper to taste

Burrito

- 3 Gluten Free Wraps
- 1 1/2 cups of Lettuce
- 1/4 cup Dairy Free Cheese
- 1 Large Tomato Diced

DIRECTIONS:

1. Add the 1/2 TBSP safflower to a pan.
2. While the oil is heating, mince the garlic and the onion.
3. When the oil is ready, add the garlic, onion, and about 1/8 TBSP of cumin, and a dash of salt, and cook on low.
4. Clean off your mushrooms, using a damp paper towel gently remove any dirt, then mince your mushrooms.
5. Once your mushrooms are minced, add them to the pan with the oil, garlic, and onion. Mix all together, and let sit on low heat.
6. Now we are going to prepare the walnuts, rinse off the walnuts that have been soaking overnight, and add to a blender or processor. Blend until they form small pieces, but be careful not to blend for too long, we do not want walnut dust!
7. Once the walnuts are minced, add them to the pan.
8. Now add, the rest of the cumin, 1/8 tbsp, 1/4 tsp chili powder, 1/4 tsp of cayenne pepper, another dash of salt, and pepper to taste.
9. While our mushroom and walnut filling is cooking on low heat, begin to heat up the gluten free wraps and dice the large tomato.
10. Once the wraps have been heated, add the mushroom/walnut filling, handful of lettuce, diced tomato and top with some dairy free cheese. Then wrap up your burrito and enjoy!