

Oyster Mushroom Tacos

These smoky, mouth-watering Oyster Mushroom Tacos should be immediately added to your weekly menu! The simplicity and flavors of these vegan tacos are just too good to miss.

Prep Time	Cook Time	Total Time
10 mins	15 mins	25 mins



5 from 1 vote

Course: Main Course Cuisine: Mexican, Tex-mex

Keyword: Oyster Mushroom Tacos Servings: 2 people

Calories: 277kcal

Ingredients

- 14 oz oyster Mushrooms
- 2 garlic cloves
- 2 chipotles in adobo
- 2 tablespoon soy sauce
- 1 teaspoon cumin
- 2 teaspoon smoked paprika
- 1/2 teaspoon sugar
- 1 teaspoon black pepper
- 1/2 teaspoon salt
- 6 corn tortillas

Toppings (optional)

- 1 avocado
- Jalapeños
- Pico de gallo
- Pickled onion
- Fresh Cilantro

Instructions

1. Using your hands, gently pull the mushrooms apart into long, thin strips.
2. In a blender, combine the garlic, chipotle peppers, soy sauce, cumin, smoked paprika, sugar, black pepper, and salt. Blend until you have a well combined sauce.
3. Pour the marinade over the prepared mushrooms. Mix until all the mushroom strips are fully coated with the marinade. Let them sit for a few minutes to absorb the flavors.
4. Heat up 2 tablespoons of oil in a large pan over medium heat. Once the oil is hot, add the marinated mushrooms.
5. Cook, stirring occasionally, until the mushrooms are golden brown. This should take about 10-15 minutes.

6. Warm up your tortillas in a dry pan over medium heat. Then, fill each tortilla with a generous amount of the cooked mushrooms.
7. Top with tomato pico de gallo, creamy guacamole, pickled onions, and sliced jalapenos.

Nutrition

Calories: 277kcal | Carbohydrates: 55g | Protein: 14g | Fat: 4g | Saturated Fat: 1g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 1g | Sodium: 1662mg | Potassium: 1106mg | Fiber: 12g | Sugar: 5g | Vitamin A: 1101IU | Vitamin C: 1mg | Calcium: 97mg | Iron: 6mg