

Taco Meat -- This recipe was created by Janice Welsh, a good friend and client.

In food processor using S blade add:

3/4 c pecans

1/4 cup onion

1/2 cup tomato

1/2 teaspoon real salt

1 - 2 Tablespoons bulk taco or Mexican seasoning

Process until the texture and consistency of cooked ground beef.

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In food processor using S blade add

2 c soaked walnuts, strain and discard water

1 T cumin

1 T coriander

1-2 T Tamari

1/4 c chopped cilantro

1/2 c fresh cut or frozen corn

Blend until looks like ground beef, about 15 seconds.

Note: you may have to stop machine to help mix ingredients.

Serve with salsa and guacamole