

UC-VEG

Umpqua Community Veg Education Group

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Fauxrizo Chorizo

Excellent to use on Taco Tuesday, Meatless Monday or anytime you want a pop of flavor in a recipe.

Ingredients:

- 1 cup finely diced yellow onions
- 1 package (12 to 14 ounces) ground meat substitute, such as seitan*
- 2 tablespoons sweet paprika
- 1 tablespoon ground cumin
- 1 tablespoon granulated garlic
- 2 teaspoons ancho chili powder
- 1 teaspoon ground coriander
- 1/2 teaspoon cayenne pepper or chipotle powder
- 1/2 teaspoon dried Mexican oregano
- 1/4 teaspoon cinnamon
- 3 tablespoons apple cider vinegar

Heat a skillet over medium heat. Add the onions and saute until golden brown, stirring frequently. This will take about 10 minutes. Add the meat substitute and stir to combine.

In a small bowl, combine the paprika, cumin, granulated garlic, ancho chili powder, coriander, cayenne or chipotle, oregano and cinnamon. Stir in the apple cider vinegar and 3 tablespoons of water. Pour the spice mixture over the meat substitute and stir to completely combine. Continue to cook until the mixture is hot, 5 to 10 minutes. If it starts to stick then add a little more water. Taste and add salt and pepper if needed.

* I used Boca brand from Sherm's. Read the label because some brands have egg white in the ingredients. Or, use slightly mashed garbanzo beans. The beans won't have the same mouth feel as the ground meat substitute but will have less fat and more fiber.

ENJOY!

Recipe courtesy Damaris Phillips; modified by Cathy Deyo