

# SAUCY PORTOBELLO & BUTTERNUT SQUASH TACOS

Prep time	Cook time	Total time
10 mins	20 mins	30 mins

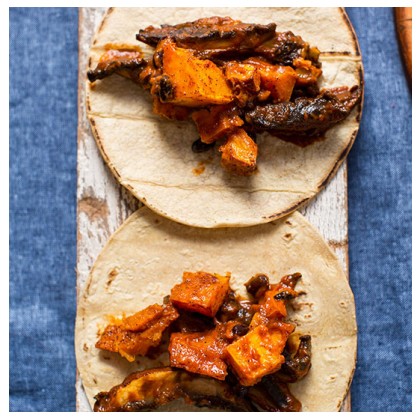
Insanely saucy and delicious portobello mushroom and butternut squash tacos. Hearty, healthy, and ready in less than 30 minutes. The perfect plant-based, gluten free lunch or dinner

Author: Minimalist Baker

Recipe type: Entrée

Cuisine: Vegan, Gluten Free, Mexican

Serves: 6-8 tacos



## Ingredients

### SQUASH + BEANS

- 2 cups (280 g) cubed butternut squash
- 1 Tbsp (15 ml) grape seed or melted coconut oil
- Pinch each sea salt, ground cinnamon, chili powder, and cumin
- *optional*: 1 cup (185 g) cooked black beans (warmed on the stovetop)

### ADOBO SAUCE

- 1 Tbsp (15 ml) grape seed oil, avocado oil, or coconut oil
- 1/4 cup (40 g) diced white onion
- 3 cloves garlic (1 ½ Tbsp | 9 g), minced
- 1 15-ounce (425 g) can tomato sauce\*
- 1 chipotle pepper in adobo sauce + 1 tsp adobo sauce (more or less to taste)
- 1/2 cup (120 ml) water
- 1/4 tsp each cumin + chili powder
- 1-2 Tbsp (12-24 g) coconut sugar (or sub maple syrup)

### MUSHROOMS

- 4-5 large portobello mushrooms, stems removed and cut into 1/2-inch slices
- 1 Tbsp (15 ml) grape seed or melted coconut oil

### FOR SERVING

- 6-8 white or yellow corn tacos, warmed in the oven (or microwave wrapped in a damp towel)
- *optional*: fresh chopped cilantro
- *optional*: fresh chopped red onion

## Instructions

1. Preheat oven to 375 degrees F (190 C). Add cubed butternut squash to a baking sheet and drizzle with oil, and add the spices. Toss to combine, then bake for 15-20 minutes, or until tender.
2. In the meantime, prepare sauce. Heat large skillet over medium heat. Once hot, add oil, onion, and garlic. Cook, stirring frequently, until soft and slightly browned and translucent - about 4-5 minutes.
3. Turn heat to low and add tomato sauce, diced chipotle pepper, 1 tsp adobo sauce (plus more to taste), water, cumin, chili powder, and coconut sugar. Stir to combine and simmer for 5 minutes.
4. Transfer sauce to a blender and blend well for a completely smooth sauce. Taste and adjust seasonings as needed, adding more adobo sauce for heat, water to thin, or coconut sugar for sweetness. Set aside.
5. Once the butternut squash is nearly done roasting, heat a large skillet over medium-high heat. Once hot, add 1 Tbsp oil and portobello mushrooms. Sauté for 3-4 minutes, or until softened and browned. Then add 1/4 cup (~60 g) of the Adobo Sauce. Stir to combine and cook for 2-3 minutes more. Then remove from heat and set aside.
6. If adding beans: Add cooked butternut squash to a mixing bowl along with black beans (that have been warmed on the stovetop or microwave) and 1/4 cup (~60 g) of the Adobo Sauce. Stir to combine and set aside.
7. Warm tortillas in the still-warm oven to 2-3 minutes, or wrap in a damp towel and microwave for 45 seconds to soften.
8. Divide toppings between warmed tortillas and garnish with additional sauce (you'll have leftovers\*), diced red onion, and fresh cilantro (optional). Tacos are best when fresh - especially mushrooms. Fillings will keep in the refrigerator for 2-3 days, and sauce will keep in the refrigerator up to 1 week, or in the freezer for 1 month (see notes for other uses).

## Notes

\*Tomato sauce can be found at nearly every market, and is a blend of tomato purée with spices, such as salt, pepper, and garlic powder. However, if you can't find it, just sub tomato purée and add more salt, pepper and a bit of garlic powder.

\*Leftover Adobo Sauce can be stored in the refrigerator up to 1 week, or in the freezer for 1 month. It's excellent as a sauce for tacos, or *enchiladas*, such as my [Panko Baked Avocado Tacos](#), [Spicy Plantain Black Bean Tacos](#), or [Quinoa Taco Meat](#).

\*Nutrition information is a rough estimate for 1 of 8 tacos calculated with all of the sauce and 1 cup cooked black beans.

## Nutrition Information

Serving size: 1 taco of 8    Calories: 162    Fat: 6.2 g    Saturated fat: 0.9 g    Carbohydrates: 24.5 g  
Sugar: 5.1 g    Sodium: 255 mg    Fiber: 4.3 g    Protein: 4.7 g

**Recipe by Minimalist Baker at <http://minimalistbaker.com/saucy-portobello-butternut-squash-tacos/>**