

sizzling veggie fajitas

Author: [One Lovely Life](#) Yield: 4-5 Servings 1x

DESCRIPTION

You can easily fill these out even more by adding an extra portobello mushroom to your mix. I love it with 2 mushrooms, but my husband likes just 1. Do what works for you!



INGREDIENTS

SCALE 1x 2x 3x

FOR FAJITAS:

- 1–2 Portobello mushrooms, sliced (about 1/4" slices)
- 3 bell peppers (I use a variety of colors), sliced
- 1 red onion, sliced
- fajita seasoning (below)
- Juice of 1 lime
- 1 Tbsp olive oil or avocado oil
- 1–2 Tbsp finely minced cilantro (plus more for serving, if desired)
- 1–2 Tbsp avocado oil for cooking (can sub vegetable oil or coconut oil, if desired)

FOR THE FAJITA SEASONING:

- 1/2 tsp chili powder
- 1/4 tsp cumin
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp pepper

TO SERVE:

- Tortillas – I use gluten free flour tortillas
- Guacamole
- Salsa
- Additional fresh cilantro

INSTRUCTIONS

- 1 In a large bowl, combine mushrooms, bell peppers, and onion. Sprinkle with fajita seasoning, lime juice, olive oil, and cilantro. Let marinate about 10 minutes.
- 2 While the veggies marinate, heat a medium or large pan (I prefer cast iron) over medium-high heat. Add your tortillas one at a time and cook 30-60 seconds per side, or until tortillas begin to puff and get some slightly golden spots. Remove from pan and store on a plate wrapped with a clean dish towel to keep warm.
- 3 When all the tortillas are done and the veggies are ready, heat a small drizzle of avocado oil in the pan and add just enough veggies to cover the bottom of the pan. You'll need to work in batches so you don't over-crowd and steam them. Cook, stirring regularly about 3-4 minutes per batch. Remove to a dish and repeat with remaining veggies. When all the veggies are cooked, return them to the pan to heat through and serve with tortillas and your favorite toppings (like guacamole or salsa)

NOTES

Meal Prep Tip: If you're doing prep work or trying to get ahead, you can slice up the veggies several days ahead of time (at least 3-4). When everything is already sliced, the actual cooking and assembly is a CINCH! I store them in an airtight glass container (it prevents the peppers-and-onions smell from perfuming your fridge). You can do this in the morning on the day you plan to eat them, or as part of a weekend (or weekday) meal prep.

Don't Skip This Step! Heating the tortillas in a pan before serving does REALLY amazing things for the texture. Even if you're using store-bought tortillas (which, especially now that we need gluten free ones, I ALWAYS do), they can taste like restaurant-quality tortillas simply by heating them and letting them brown a tiny bit. It doesn't take long, and I do it while my veggies are marinating so no time is lost!

Let's talk about pans. I really recommend cast iron for this recipe because of the nice char you can get on your veggies. You can really get things sizzling! Cast iron isn't expensive, and it's one of the best kitchen investments you can make. When cared for, cast iron pans can literally be passed down for generations! If you don't have cast iron, you can still absolutely make these in a regular skillet.

Work in batches. I've written this into the directions, but when you work in batches, you'll end up with the best flavor and texture for your veggies. If you overcrowd your pan, you'll simply steam them and they won't maintain their signature texture or char.

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