

Eggplant Tacos

Savannah · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

4

Description

This is a fun healthy recipe to change up your Mexican meals Bet you almost cant tell that there isnt meat Use as substitute for meat in tacos enchiladas or your favorite Mexican meals Fill taco shells with eggplant mixture and top with your favorite fixings

Ingredients

- - ¼ cup olive oil
- divided - 1 small onion
- chopped - 2 tablespoons lemon juice - 2 cloves fresh garlic
- minced - ¼ jalapeño pepper
- minced - 1 eggplant
- cut into cubes - 2 tablespoons ground cumin - 1 tablespoon paprika - 1 ½ teaspoons chili powder - 1 teaspoon ground black pepper - ½ teaspoon seasoned salt (such as Johnny's Seasoning Salt) - 4 taco shells

Instructions

1. Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Add onion
2. lemon juice
3. garlic
4. and jalapeño; bring to a simmer and cook until onion softens
5. about 3 minutes. Stir in eggplant
6. cumin
7. paprika
8. chili powder
9. black pepper
10. and seasoned salt; drizzle remaining 2 tablespoons olive oil over top. Cook
11. stirring occasionally
12. until eggplant softens and reduces in size
13. about 15 minutes. Serve in taco shells.