Crispy Lentil and Sweet Potato Tacos

Vegan Recipe by AfroVegan Society

These Crispy Lentil and Sweet Potato Tacos transform humble ingredients into a crave-worthy meal that's packed with plant-based protein and vibrant flavors. Golden corn tortillas are filled with a hearty mixture of seasoned lentils, tender sweet potatoes, and fresh spinach, then pan-fried until perfectly crispy. Ready in just 40 minutes, these tacos deliver a satisfying crunch and wholesome filling that even the pickiest eaters will love. Topped with creamy avocado and your favorite salsa, they're a delicious twist on taco night that happens to be vegan.

Makes 10-12 tacos | Ready in 40 minutes

Cooking Supplies Needed

- 1 cup measuring cup
- ½ cup measuring cup
- 1 teaspoon measuring spoon
- ½ teaspoon measuring spoon
- 1 Tablespoon measuring spoon
- ¼ teaspoon measuring spoon
- Knife
- Cutting board
- Small bowl for serving salsa

- Microwave-safe dish
- Large mixing spoon
- Large mixing bowl
- Large skillet or pan
- Stove top
- Spatula

Ingredients

- 1 package corn tortillas (25-ounce size)
- 2 cups cooked green lentils (buy them cooked)
- 1½ cups steamed diced sweet potato (**Tip:** if you buy a bag of frozen diced sweet potato, you can steam them before making the filling)
- 1 bag of baby spinach (5-ounce side), chopped
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp cumin
- 1 tsp chili powder
- 1 Tbsp soy sauce (**Tip:** if you allergic to gluten, you will want to purchase a gluten free soy sauce)
- ¼ tsp salt
- 1 avocado, sliced (optional)
- Salsa for serving (optional)
- Avocado oil or grapeseed oil

Preparation

Steaming the Diced Sweet Potato

1. Get out your bag of frozen diced sweet potato.
2. If the bag is not a microwaveable “cook in bag” option, you will need to get out a microwave-safe dish.
3. Measure 1 and ½ cups of the frozen diced sweet potato.
4. Put this amount of sweet potato in your microwave-safe dish.
5. Add a little water to cover the bottom of the microwave-safe dish.
6. Put the dish in the microwave for 3 minutes.
7. Carefully remove the steamed sweet potato from the microwave and set to

the side to make your taco filling.

Cutting the Spinach

1. Get out your 5-ounce bag of baby spinach.
2. Get out your cutting board.
3. Get your knife.
4. Pour the bag of baby spinach onto the cutting board.
5. Roughly cut the spinach into more bite size pieces. They do not need to be cut to a specific size.
6. Leave the cut-up spinach on the cutting board until you are ready to make the filling.

Make the Filling:

1. Get out your large bowl.
2. Get out your 1 cup measuring cup.
3. Get out your ½ cup measuring cup.
4. Get out your 1 teaspoon measuring spoon.
5. Get out your ½ teaspoon measuring spoon.
6. Get out your 1 Tablespoon measuring spoon.
7. Get out your ¼ teaspoon measuring spoon.
8. Add the 2 cups of cooked green lentils to the large bowl.
9. Add the 1 and ½ cups of steamed diced sweet potato to the large bowl.
10. Add the cut up 5 ounces of spinach from the cutting board to the large bowl.
11. Add 1 teaspoon of garlic powder to the large bowl.
12. Add 1 teaspoon of onion powder to the large bowl.
13. Add ½ teaspoon of cumin (a spice) to the large bowl.
14. Add 1 teaspoon of chili powder to the large bowl.
15. Add 1 Tablespoon of soy sauce to the large bowl (**Tip:** if you allergic to gluten, you will want to purchase a gluten free soy sauce)
16. Add ¼ teaspoon of salt to the large bowl.
17. Using your large spoon, mix all the ingredients in the large bowl together gently until they are well combined.
18. The ingredients in the large bowl are your taco filling and you will set this to the side for right now while you cook your tacos.

Cook the Tacos:

1. Get out your large skillet or pan. Set it on the burner on your stovetop that you plan to turn on.
2. Turn your stovetop burner to medium heat (usually a 3-4).
3. Wait about a minute for your large skillet or pan to heat up.
4. Add 1 Tablespoon of oil to your large skillet or pan and let it heat up. You will know it is getting warm when it starts to look shiny and moves around more.
5. Set 3-4 tortillas in your large skillet or pan. **Tip:** If you can only fit 1-2 in your pan, that is okay too. You might need to do steps 5-9 multiple times to warm up all your tacos.
6. Set a timer for 30 seconds.
7. When the timer goes off, your tacos should be flexible.
8. Add 2-3 Tablespoons of filling to one side of each tortilla in your large skillet or pan. **Tip:** If you add too much filling, it will be very difficult to fold and flip your tortilla without spilling the taco filling.
9. Using your spatula (and not your hands because the stovetop and skillet/pan will be hot!), fold the tortillas in half and press gently on the top of the folded tortillas with your spatula.
10. Set a timer for 3 minutes.
11. When the timer goes off, use your spatula to flip the tacos over so you can cool the other side. You will notice that the side that was facing down onto the pan is golden and crispy.
12. After flipping all the tacos, set another time for 3 minutes.
13. When the timer goes off, use your spatula to remove the tacos from the pan and place on a plate.
14. Move your large skillet or pan to a burner that is not hot.
15. Turn off your stovetop.

Serve:

1. **[Optional]** Using your knife and cutting board, you want to carefully cut your avocado in half. Tip: Avocados have a large pit on the inside, so you will not be able to cut all the way through. You will need to cut around the pit and then with one hand on each side of the avocado, you will twist, and the sides will come apart. With the avocado skin face down and the open cut part (bright green) facing up, cut the bright green part into slices. You will then remove the bright green part from the darker skin. You do not want to eat the avocado skin OR the pit.
2. Get your plate of cooked tacos and put a slice of avocado on top of each one.
3. **[Optional]** You can also put a small bowl of salsa out to dip your tacos in OR you can put a spoonful of salsa on top of each taco.
4. **[Optional]** Add any additional preferred vegan toppings that you like, for example: vegan sour cream, vegan shredded cheese, etc.
5. Serve and eat immediately while the tacos are hot and crispy!

Additional Cooking Tips:

- Make sure the sweet potatoes are fully tender before mixing. This means that if you do not put them in the microwave for long enough and they are hard and don't squish easily when you press them with your mixing spoon, they need more time in the microwave. Start with 1 minute and check to see if they are ready.
- Don't overfill your tortillas to prevent the tortillas splitting open and your tortilla filling falling out.
- If you want to keep your already cooked tacos warm while preparing the remaining batches, you can set them on an oven-safe dish and put them in our oven. This means turning your oven on to 200°F and placing the cooked tortillas in there BEFORE adding toppings. **Tip:** when you are done, please remember to get the tortillas out of the oven with an oven mitt so you don't burn yourself and remember to turn the oven off.