

Quick-n-Easy Fajitas



This is one of those recipes that can be flexible, so feel free to change up the ingredients depending on what you have in your home. You can use any kind of peppers and onions, and you can add other veggies such as tomatoes, mushrooms, and green chile.

Many folks prefer them served with a side of beans and/or Spanish rice.

3-4 Bell Peppers*

1 Onion

1 Package Vegan Meat alternative (optional)**

1-2 Tablespoons oil

*For best results use all different colored peppers (green, red, yellow, orange).

**gardein beefless strips and gardein chick'n strips both go great with this recipe. You can also use tempeh or tofu.

Slice peppers and onions into strips.

Heat oil over medium heat, then sauté all ingredients for several minutes until they begin to soften.

Add vegan meat alternative (if using) and continue to cook according to cook time on package.

Serve with tortillas and your favorite toppings such as fresh salsa, lettuce, vegan cheese, vegan sour cream, etc.