

WALNUT CHORIZO

Recipe courtesy of CA Walnuts

Ingredients

- 1 ½ cups raw California walnuts
- 1 cup (or 1/2 15 oz. can) beans, rinsed and drained
- ½ cup roasted red peppers
- 3 Tbsp shredded cheese (vegan or dairy)
- 1 ½ tsp garlic, minced
- 1 tablespoon smoked paprika
- 1 tablespoon Ancho chili powder
- 1 teaspoon dried oregano
- 1 teaspoon kosher or sea salt
- 1 teaspoon chipotle, ground
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 3 tablespoons olive or vegetable oil, divided – 1 Tbsp in mixture, 2 for cooking

Cost Per Serving:

1 serving (3 oz) = \$3.03

4 servings (12 oz) = \$12.02

Skills Practiced:

- Measuring
- Using food processor
- Sauteeing
- Trying new foods

Nutrition:

Nuts and beans are great sources of protein, healthy fats, and wholesome fiber. Fiber is only found in plant-based foods and helps fuel our digestion so that our bodies can make the most of the nutrients in our food for energy and to keep our bodies healthy. We think a walnut looks a little like a brain. Funnily enough, there are a number of studies that show that walnuts are good for brain health! Coincidence? We think not! Nature is so smart!



Instructions

1. To prepare the “chorizo” crumble, place all ingredients in a food processor; pulse until coarsely chopped. It should be the consistency of ground meat.
2. Heat remaining oil in a very large nonstick skillet over medium heat. Add “chorizo” mixture to skillet and cook for 10 minutes or until mixture is nicely browned and resembles ground meat, stirring frequently. May be prepared several days ahead and stored tightly covered in the refrigerator.
3. Serve with tacos, eggs, lettuce cups, etc.

