

## Poblano and Mushroom Tacos

4 poblanos, seeded and cut in to 1 cm strips  
Handful shitake mushrooms, stems removed and cut in to 1 cm strips (use portabellas if you can't find fresh shitakes, but pull off the tough skin on the cap)  
1 small yellow or white onion, cut in 1 cm half-moons  
Pinch each cumin, ancho powder, salt, black pepper, garlic powder, onion powder  
Neutral oil  
Whole wheat tortillas  
Cheese, such a queso fresco, cotija, or a shredded Mexican blend (I like the shredded Mexican blend for this)



I am certainly no vegetarian, but I do try to watch the amount of meat that I consume. I do so for a variety of ethical reasons, but also, too much meat just makes me feel blehhhh. Thankfully, there are plenty of vegetables that are just as satisfying, and with a few well-executed techniques, we can make some tacos that even confirmed carnivores will love.

You've got 2 options for cooking these, but we'll get there. First, let's prep the veggies by tossing the pepper, onions, and mushrooms in the spice and with a drizzle of the oil. Let it all sit for about an hour or so. Liquid will come out of the vegetables, just drain that off and toss it away.

Now, you get to make a choice. You can smoke it, or you can sauté it. I smoked mine, because I was making ribs and my smoker has 2 shelves and I hate not keeping it full. Feels inefficient to not use all the space. So, you can smoke it for about 90 minutes at 200 degrees F (although vegetables are really forgiving so the time and temperature don't matter all that much), covering the warm vegetables up in a glass bowl to steam a little when you're happy with the smoke level. Or you can sauté the veggies in oil over medium-high heat until they're cooked but still a little crunchy and have some color on them. Either way, it's going to be delicious.

Once your vegetables are cooked to your liking, serve them on warm, whole wheat flour tortillas. Why whole wheat? They taste better with this particular filling. I like fajita sized tortillas. Sprinkle with cheese and hot sauce, if that's your thing.

Enjoy!

PS, if you have leftovers, make the simplest black bean soup by combining 1 can of black beans with the juice, 1 can diced tomatoes with chilis, 2 cups chicken stock, whatever chili spices you prefer, and your leftover, chopped to be spoon-friendly.