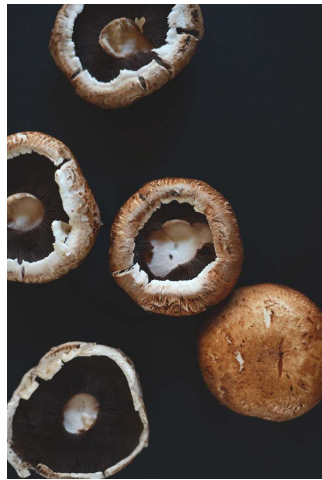


POBLANO AND PORTOBELLO FAJITAS



For a brief period of my childhood my family lived in New Mexico, and you better believe while there we ate our fair share of Mexican food. I was floating down a river of authentic refried beans and slow-cooked carnitas and garden fresh salsas and loving it. My little palette was in foodie heaven and I hardly even realized it. Those were the days.

But I don't live in New Mexico any more. I live in Kansas, which means the Mexican food isn't quite as authentic or abundant. I may be part Swedish, Irish and German, but I crave a *ridiculous* amount of south-of-the-border goodness. Lucky for me, John does, too. The solution? Make it myself.



The truth is, we eat some form of Mexican food at least three times a week, whether it's quick lunches at Chipotle, black bean enchiladas or an impromptu taco bar. We can't get enough of the stuff. But one meal I hadn't tried at home yet was fajitas – one of my favorite meals to order at restaurants.

Something about the sizzling peppers and huge platter it comes out on and the self assembly – over-stuffing to the point of ridiculousness – makes me feel like a queen.



A true foodie dream dish if you ask me.

These fajitas remain vegan thanks to bell and poblano peppers and juicy and satisfying Portobello mushrooms, sautéed in just a few simple seasonings.

They're no carnitas, but certainly delicious in their own right. I felt full after just two, which is saying a lot for me – a true quantity eater. I suppose the giant spoonfuls of guac didn't hurt either.



If you aren't a fan of mushrooms, simply omit them or sub in your favorite meat. For a vegetarian version opt for scrambled eggs or black beans. And to keep these gluten free, simply opt for corn tortillas – I went with flour because that's traditionally how fajitas are served.

Count this recipe as inspiration *and proof* that fajitas can be vegan and still totally, insanely delicious. Ole!



4.9 from 11 reviews

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Prep time

10 mins

Cook time

20 mins

Total time

30 mins

Simple vegan fajitas with portabellas mushrooms and poblano and bell peppers, made extra satisfying with healthy spoonfuls of guac.

Author: Minimalist Baker

Recipe type: Entree

Cuisine: Mexican, Vegan

Serves: 2-3

Ingredients

- 1 poblano pepper, seeds removed and thinly sliced
- 2 bell peppers, seeds removed and thinly sliced
- 1 jalapeño, seeds removed and thinly sliced
- 1 yellow or white onion, cut into thin rounds
- 2 large or 4 baby Portobello mushrooms, stems removed, wiped clean and thinly sliced
- 2 ripe avocados
- juice of 1/2 lime
- sea salt, cumin & garlic powder
- 1 tsp A1 steak sauce (for mushrooms, optional)
- 6 small flour or corn tortillas
- Optional: fresh red onion, hot sauce, cilantro, salsa

Instructions

1. Heat a large skillet and a medium skillet over medium-high heat. Once hot add a dash of olive or coconut oil to the large skillet, then the onion and peppers. Season generously with salt, cumin and garlic powder.
2. Cook until softened and slightly caramelized, stirring often. Set aside and cover to keep warm.
3. At the same time, add a dash of oil to the medium pan, then add the mushrooms. Season with a bit of salt and once softened and brown (see photo), add a dash of A1 (vegan-friendly) for more flavor (optional). Remove from heat, set aside and cover.
4. Prepare guacamole by adding two avocados to a bowl then adding the juice of half a lime and a generous pinch of salt. Fresh cilantro and onion is optional.
5. Warm tortillas in the microwave or oven and you're ready to go. Serve tortillas with peppers and onions, mushrooms, guacamole and any other toppings you desire such as salsa, hot sauce, and cheese or sour cream (for non-vegan).

Notes

**Nutritional information roughly calculated based on 1/3 recipe without toppings*

Nutrition Information

Serving size: 1/3 recipe Calories: 427 Fat: 27.8g Saturated fat: 5.7g Carbohydrates: 43.1g Sugar: 7.1g Sodium: 215mg Fiber: 14.8g Protein: 6.7g