



Vegan Taco Stuffed Avocado

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Move over loaded potatoes, these vegan taco stuffed avocados are going to be your new favorite idea! Great for lunch or dinner!

Course Main Course
Cuisine American
Keyword vegan main course

Prep Time 10 minutes
Cook Time 15 minutes
Total Time 25 minutes

Servings 4 stuffed avocados
Calories 534kcal
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Ingredients

For the Vegan Taco Meat²

- 2 tsp [olive oil](#)
- 1/2 sweet onion, diced
- 16 oz vegan ground meat/crumbles
- 2 tsp [chili powder](#)
- 1/2 tsp [garlic powder](#)
- 1/2 tsp [dried oregano](#)
- 1/2 tsp [smoked paprika](#) (can sub regular paprika)
- 1/2 tsp [cumin](#)
- 1/4 tsp [brown sugar](#)
- 1/2 tsp [red pepper flakes](#), OPTIONAL
- 1/4 tsp [salt](#), more to taste
- 1/4 tsp [pepper](#), more to taste
- 1 cup [tomato sauce](#)
- 4 avocados, ripe

For Peach Mango Salsa, Optional

- 1 cup fresh roma tomatoes, diced
- 3/4 cup fresh peaches, peeled, diced
- 1/2 cup yellow onion, diced
- 1/2 cup fresh mango, diced
- 2 tbsp fresh jalapeno, finely diced
- 4 cloves garlic, minced
- 1 1/2 tsp lime juice
- 1/2 tsp fresh cilantro, chopped

Additional Topping Ideas

- cilantro

- green onions
- vegan cheese shreds
- crispy fried onions or jalapenos
- fresh or pickled jalapenos

Instructions

1. If making the peach salsa, make that first by combining all the ingredients into a bowl and then placing in the fridge for the flavors to come together while you make the rest of the recipe.
2. In a large skillet, add oil and heat over medium high.
3. Add onion and saute for 4-5 minutes or until soft and translucent. Stirring often.
4. Add in vegan meat to the skillet. If using ground, use a wooden spoon to break into smaller pieces. Cook according to package directions depending on the brand used.
5. Turn heat down to medium. Add in spices and tomato sauce and mix well to combine. Continue to cook 3-4 to heat through. Remove from heat.
6. Slice open avocado and remove the pit. Add the vegan meat mixture into each avocado. Top with desired toppings.

Notes

See post for tips, tricks, substitutions, and more.

*Nutritional information is just an estimate. Adding toppings will change the amounts. Salsa not included in facts.

Nutrition

Serving: 1stuffed avocado | Calories: 534kcal | Carbohydrates: 35g | Protein: 26g | Fat: 37g | Saturated Fat: 5g | Polyunsaturated Fat: 7g | Monounsaturated Fat: 22g | Trans Fat: 1g | Sodium: 989mg | Potassium: 1485mg | Fiber: 21g | Sugar: 8g | Vitamin A: 1061IU | Vitamin C: 26mg | Calcium: 53mg | Iron: 8mg