

02/05/2026

Easy Mushroom Tacos

Prep time: 13 minutes

Cook time: 7 minutes

Serves: 8 tacos



Ingredients

- 3 tablespoons olive oil, divided
- 4 large portobello mushrooms*, sliced 1/4-inch thick
- 1 clove garlic, minced
- ¼ teaspoon cumin seed
- ½ teaspoon each ground cumin and smoked paprika
- ½ teaspoon kosher salt
- Fresh ground black pepper
- ½ tablespoon lime juice (1/4 lime)
- 15-ounce can refried beans
- 1/4 medium red cabbage
- 1 ripe avocado
- For serving: pico de gallo (required)
- 8 tortillas

Instructions

1. Sauté the mushrooms: Slice the mushrooms into 1/4-inch slices. Mince the garlic. In a large skillet, heat 2 tablespoons olive oil over medium high heat. Add the mushrooms and cook 5 to 6 minutes, stirring occasionally, until softened. Lower the heat to medium and stir in the additional 1 tablespoon olive oil, garlic, cumin seed, cumin, smoked paprika, kosher salt and black pepper. Cook 1 to 2 minutes until fragrant, then turn off the heat and stir in the lime juice.
2. Heat the beans: Heat the refried beans in a small saucepan until warm. Taste and add a few pinches of kosher salt if necessary.
3. Make the quick slaw: Shred the red cabbage. Place it in a bowl and add the juice of 1 lime quarter and 2 pinches of kosher salt. Dice the avocado, if using.
4. Warm the tortillas: Warm and char the tortillas by placing them on an open gas flame on medium for a few seconds per side, flipping with tongs, until they are slightly blackened and warm. (See How to Warm Tortillas.)
5. Assemble the tacos: Add a generous spoonful of refried beans, a small handful of mushrooms, slaw, avocado, and pico de gallo.

How to Warm Tortillas

In the Microwave

Put five or fewer tortillas on a microwavable plate and cover them with a damp paper towel. Microwave in 30-second bursts until they are warmed through. Repeat in batches of five tortillas until all your tortillas are warm.

In the Oven

Wrap a stack of five or fewer tortillas in a packet of aluminum foil and put it in a pre-heated 350° oven for 15–20 minutes, until heated through. You can do multiple packets of five tortillas each all at the same time.

On the Stovetop

Place the tortillas in a dry (no oil) stainless steel skillet over medium heat and cook them for about 30 seconds on each side. You can also do away with the skillet and char the tortillas directly over the gas flames for a few seconds using tongs!