

The background features a repeating pattern of stylized, colorful tacos. Each taco is shown in a three-quarter view, revealing a yellow shell with small white spots, a red sauce, green lettuce, and other fillings. The background is a solid cyan color with a faint grid pattern and a repeating watermark of a camera icon and the text '123RF'.

The Ingredients Project:

Tacos

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What is inside a taco?

Simple vegetarian taco:

- *Flour Tortilla*
- *Refried Beans (or else homemade.)*
- *Cheese (vegetarian cheese)*
- *Salsa (Tomatoes, coriander, chili pepper, jalapeno, lime, onion, garlic, and salt)*
- *Sour cream*
- *Fajitas (fried vegetables such as onion and peppers)*

OUR FAMILY'S GO-TO RECIPE

How can a taco be made Jain Vegan?

Simple jain vegan taco:

- *Flour Tortilla*
- *Refried Beans (or else homemade)*
- *Vegan cheese*
- *Salsa (Tomatoes, coriander, chili pepper, jalapeno, lime, and salt)*
- *Vegan Sour cream*
- *Fajitas (fried vegetables such as peppers and celery)*

Ingredients that may not be cruelty-free

- Sometimes refried beans come with lard.
Lard is animal fat
 - Sour cream and cheese are both dairy
 - Cheese is made by curdling milk with an enzyme called **rennet**.
- **Rennet is derived from cow stomachs and is a byproduct of meat production.**



Cruelty-free substitutes

- Lard free refried beans are also available
- Vegan sour cream and cheese can be made from plant proteins and fat.
- Rennet can also be made out of nettle plants.



Vegan Alternatives to Cheese and Sour Cream

- Daiya
- Follow Your Heart
 - Go Veggie
 - Treeline
 - Dr. Cow
- And many others



FURTHER INFORMATION

One thing that is very nice about tacos is that it is very versatile and can be filled with many things.

So if you don't like the ingredients we have shared then you can swap things out, for example: you can swap lettuce for avocado or some other vegetable.

Or take out the fajitas for some other filling such as rice or potatoes (or plantains if you do not eat potatoes).



Thank

You



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