

# Buffalo Cauliflower Tacos with Vegan Ranch Dressing

Prep Time: 10 minutes

Cook Time: 20 minutes

Yield: 6 tacos

## Buffalo Cauliflower Tacos

### Ingredients

- 12 corn tortillas
- 3 tablespoons and 1 teaspoon [vegan butter](#), divided
- 1 small onion, diced
- 1 (15-ounce) can [refried pinto beans](#)
- Large head of cauliflower, cut into small florets
- 2/3 cup [hot sauce](#)
- 1 teaspoon [white wine vinegar](#)
- 1/4 teaspoon [paprika](#)
- 1 teaspoon [garlic powder](#)
- [Salt](#) and [pepper](#), to taste
- 1 avocado
- head romaine lettuce
- bunch cilantro
- 1 lime
- Vegan Ranch Dressing (recipe follows)

### Instructions

1. Preheat oven to 200oF.
2. Remove corn tortillas from plastic and wrap in aluminum foil. Place on a sheet pan and place in the oven until ready to serve.
3. Place a small saucepan over medium heat and add 1 teaspoon vegan butter. Add diced onion and sauté until translucent. Add pinto beans and heat through. Once heated, reduce heat to low.
4. In another small saucepan, make buffalo sauce by melting 1/3 cup vegan butter over medium heat and whisking in hot sauce and vinegar. Whisk vigorously until emulsified.



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5. Place a cast iron skillet over medium high heat and add vegan butter. Place cauliflower in hot cast iron skillet and add paprika, garlic powder, and salt and pepper. Stir, and then allow to rest so that it can start to brown. Cook until thoroughly tender and blackened.
6. While cauliflower is cooking, thinly slice the avocado and romaine lettuce. Chop cilantro. Cut lime into small wedges.
7. When cauliflower is well browned, add buffalo sauce and remove from heat and take tortillas out of the oven.
8. Build tacos by layering pinto beans, cauliflower and avocado, and then top with romaine lettuce, cilantro, lime juice and ranch dressing.

## Vegan Ranch Dressing

### Ingredients

- 1 (16-ounce) package [silken tofu](#)
- 1/3 cup lemon juice
- 2/3 cup water
- 1/2 cup [almond milk](#)
- 2 tablespoons [olive oil](#)
- 1/2 teaspoon [salt](#)
- 1/2 teaspoon raw [agave nectar](#)
- 1 teaspoon [granulated onion](#)
- 1/4 teaspoon [granulated garlic](#)
- 1 tablespoon each of [dried parsley](#) and [dried dill](#)
- 1 teaspoon each of [dried chives](#) and [dried minced onion](#)

### Instructions

1. Combine all ingredients in a food processor and blend until desired consistency.

  
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