



Makes 10 taquitos
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

1½ cups chopped fresh mushrooms
1 cup finely chopped onion
1 cup finely chopped green bell pepper
1 clove garlic, minced
1 15-ounce can black beans, rinsed and drained
2 tablespoons tomato paste
4½ teaspoons salt-free taco seasoning (see tip, recipe intro)
2 cups riced cauliflower
1 tablespoon lemon juice
¼ teaspoon sea salt
10 5-inch corn tortillas
Extra-virgin olive oil cooking spray (optional, [learn more](#))
1¼ cups guacamole

Air-Fryer Taquitos with Cauliflower and Black Beans

The air fryer cooks these taquitos just right—crunchy on the outside and tender on the inside. When placing taquitos in an air fryer, it helps to position them seam side down so that they hold their shape and stay closed as they cook. Check out more of our favorite [vegan air-fryer recipes!](#)

Tips

Gluten-free: To make these taquitos gluten-free, select a taco seasoning that is labeled gluten-free.

Optional oil: This is a **Forks Flex Recipe**, which means it includes a small amount of optional oil. If you include the oil, you'll add approximately 6 calories, 0.6 g total fat, and 0 g saturated fat per serving.

Oven method: Preheat oven to 400°F. Line a baking tray with baking paper or a nonstick mat. Place taquitos, seam-side-down, and bake for 12 to 18 minutes, flipping halfway. If you like 'em extra crunchy, put them under the broiler for 1 to 2 minutes, watching them closely.

By Darshana Thacker Wendel

- 1 Preheat air fryer to 320°F for 8 minutes.
- 2 For filling, in a saucepan cook mushrooms, onion, bell pepper, and garlic in ¼ cup water over medium about 10 minutes or until onion starts to turn translucent, stirring occasionally. Add water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Stir in beans, tomato paste, and taco seasoning. Cook 5 minutes, stirring occasionally. Remove from heat. Stir in riced cauliflower, lemon juice, and salt. Taste and adjust seasoning.
- 3 Warm tortillas according to package directions. Wrap in a kitchen towel to keep warm. To assemble taquitos, lay a warm tortilla on a clean surface. Spoon tablespoons filling horizontally across middle of tortilla. Starting from edge closest to you, roll up tortilla, tucking it under filling and rolling tightly to make a thin roll. Place assembled taquito on a tray lined with an additional kitchen towel. Keep covered. Repeat with remaining tortillas and filling.
- 4 Place half of the taquitos, or as many as can fit, seam-side-down, in the air fryer. (*If using oil, very lightly mist them with olive oil cooking spray.*) Air-fry 5 to 7 minutes or until tortillas are crisp and slightly browned around the edges. Serve warm with guacamole.