

5 DE MAYO RECIPES



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LETTUCE TACO WRAPS

For real, these vegan lettuce taco wraps with pico de gallo, roasted corn, black beans, and avocado crema will soon become your favorite summer food.

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PREP TIME	COOK TIME	0 mins	TOTAL TIME
15 mins	0 mins		15 mins
COURSE	CUISINE	SERVINGS	CALORIES
Appetizer	Mexican vegan food	5 cups	114 kcal



PINEAPPLE SALSA WITH BLACK BEANS & AVOCADO

This pineapple salsa with black beans & avocado is bright and fresh, it is vegan, it's crunchy, sweet and spicy. It is so easy to prepare and I'm sure you will want to add it to everything.

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PREP TIME

15 mins

COOK TIME

0 mins

TOTAL TIME

15 mins

COURSE

Appetizer

CUISINE

Mexican

SERVINGS

4 cups

CALORIES

199 kcal



CEVICHE TOSTADAS


This recipe for vegan ceviche tostada is amazing, very easy to prepare and it is filled with Mexican authentic flavors.

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PREP TIME
15 mins


COOKING THE
QUINOA
20 mins

TOTAL TIME
15 mins


COURSE
Appetizer,
Mexican
vegan

CUISINE
Mexican


SERVINGS
6 people

CALORIES
205 kcal

CHILAQUILES ROJOS

This recipe for vegan chilaquiles rojos (red sauce), is one of my favorite Mexican breakfasts. This is my easy and super-fast version of this authentic Mexican dish. This recipe comes together in under 20 minutes.

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PREP TIME	COOK TIME	TOTAL TIME	
10 mins	5 mins	15 mins	
			
COURSE	CUISINE	SERVINGS	CALORIES
Breakfast	Mexican	4 people	489 kcal

TACOS DORADOS SINALOA STYLE

These tacos dorados are served as small folded taquitos, filled with potatoes, and served with lettuce, cucumbers, radishes, onions, and bathed with a caldillo

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PREP TIME	COOK TIME	0 mins	TOTAL TIME
30 mins	30 mins		1 hr
COURSE	CUISINE	SERVINGS	CALORIES
Center Plate, Entree	Vegan Mexican Food	4 People	504 kcal

MEXICAN CHICKEN SOUP

This vegan Mexican chicken soup is perfect for freezing weather days, for sick days or clean the fridge days. This recipe is a guide but feel free to add, swap or remove anything that you want.

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PREP TIME

10 mins



COOK TIME

20 mins

COURSE

Soup



CUISINE

Cocina
mexicana
vegana

SERVINGS

4 people



CALORIES

167 kcal

MEXICAN LENTIL SOUP

This recipe for Mexican lentil soup is an authentic Mexican recipe. It is a delicious, one-pot over stove recipe and straightforward to prepare.

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PREP TIME	COOK TIME	0 mins	TOTAL TIME
15 mins	20 mins		35 mins
COURSE	CUISINE	SERVINGS	CALORIES
Soup	Mexican vegan	6 people	470.75 kcal

TORTILLA SOUP

(SOPA AZTECA)

This is my version of Mexican tortilla soup, and it is so similar to the classic Mexican tortilla soup recipe. It is so authentic and delicious that you're going to forget you're eating something super healthy and good for you.

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PREP TIME
10 mins

COOK TIME
15 mins

COURSE
Soup

CUISINE
Mexican

SERVINGS
4 people

CALORIES
112 kcal



AUTHENTIC MEXICAN SALSA VERDE RECIPE


This recipe for Mexican salsa verde is authentic, super easy to make and tastes great with everything. The combination of fresh ingredients and roasted ingredients makes it different from other classic recipes and delicious.

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PREP TIME
10 mins


COOK TIME
10 mins

TOTAL TIME
20 mins


COURSE
Mexican
vegan, salsa

CUISINE
Mexican


SERVINGS
6 personas

CALORIES
9 kcal

ROASTED TOMATILLO CHIPOTLE SALSA

This tomatillo and chipotle salsa is the perfect sauce for those days when you need an easy, delicious, and perfect Mexican salsa.

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PREP TIME

5 mins

COOK TIME

10 mins

TOTAL TIME

15 mins

COURSE
Homemade
salsa

CUISINE
Mexican

CALORIES
73 kcal

CHILE DE ARBOL SALSA

Salsa de Chile de árbol is a traditional Mexican hot sauce made with chile de árbol peppers, garlic, and tomatillos.


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PREP TIME
5 mins


COOK TIME
12 mins

TOTAL TIME
17 mins


COURSE
Basics

CUISINE
Mexican


SERVINGS
2 cups

CALORIES
76 kcal

RED SALSA MOLCAJETEADA

This pineapple salsa with black beans & avocado is bright and fresh, it is vegan, it's crunchy, sweet and spicy. It is so easy to prepare and I'm sure you will want to add it to everything.

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PREP TIME	COOK TIME	0 mins	TOTAL TIME
5 mins	15 mins		20 mins
COURSE	CUISINE	SERVINGS	CALORIES
Homemade	Mexican	2 cups	78 kcal

INSTANT POT REFRIED BEANS

This recipe for refried beans is one of the easiest and most authentic recipes you will find. Use these refried beans to make taquitos, to make soups or other Mexican dishes.


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PREP TIME
10 mins


COOK TIME
20 mins

TOTAL TIME
30 mins


COURSE
Basics

CUISINE
Mexican
vegan


SERVINGS
12 servings

CALORIES
76 kcal

AGUA DE JAMAICA

This is the typical and authentic way o prepare agua de jamaica- hibiscus tea, a classic Mexican drink.

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PREP TIME	COOK TIME	COOLING TIME	TOTAL TIME
0 mins	10 mins	10 mins	20 mins

COURSE	CUISINE	SERVINGS	CALORIES
Drinks	Mexican	6 people	64 kcal

MEXICAN HORCHATA

This healthy and vegan Mexican horchata is made with almonds and oats. The flavor is authentic, delicious and very Mexican.

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PREP TIME	COOK TIME	SOAKING TIME	TOTAL TIME
10 mins	0 mins	3 hrs	10 mins
COURSE	CUISINE	SERVINGS	CALORIES
Drink	Mexican vegan	6 people	207 kcal

AGUA DE FRESA

Strawberry agua fresca is a refreshing and fruity Mexican drink perfect for warm weather or any time you need a sweet and refreshing pick-me-up.

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PREP TIME	COOK TIME	0 mins	TOTAL TIME
10 mins	0 mins		10 mins
COURSE	CUISINE	SERVINGS	CALORIES
beverage	Mexican	6 porciones	45 kcal

LIME CUCUMBER AGUA FRESCA WITH MINT

This is the only cool water you need for hot days this summer. Imagine the freshness of cucumber with lemon and mint—the best.

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PREP TIME
15 mins


0 mins

TOTAL TIME
15 mins


COURSE
Drink

CUISINE
Mexican


SERVINGS
4 servings

CALORIES
92 kcal



CHELADA

The Chelada is a refreshing and delicious drink that combines beer with lime and salt. Here's a basic recipe to prepare a classic Chelada

[Go to recipe](#)

PREP TIME	COOK TIME	0 mins	TOTAL TIME
5 mins	0 mins		5 mins
COURSE	CUISINE	CALORIES	
Drink	Mexican	21 kcal	

MEZCAL APPLE CIDER COCKTAIL

This pineapple salsa with black beans & avocado is bright and fresh, it is vegan, it's crunchy, sweet and spicy. It is so easy to prepare and I'm sure you will want to add it to everything.

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PREP TIME

5 mins

TOTAL TIME

5 mins



COURSE

Drinks

CUISINE

American,
Mexican



SERVINGS

1 serving

CALORIES

220 kcal

SPICY MEZCAL COCKTAIL

This spicy Mezcal Cocktail is the perfect mix of smoky and sweet, with a little bit of spice to boot. Made with mezcal, lime juice, jalapeño simple syrup, and soda, it's sure to be your new favorite drink!

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PREP TIME	COOK TIME	0 mins	TOTAL TIME
5 mins	0 mins		5 mins
COURSE	CUISINE	SERVINGS	CALORIES
Drink	Mexican	1 serving	214 kcal

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