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Vegan Caramelized Onion and Potato Spanish Tortilla

By: Lauren Hartmann, Rabbit and Wolves

Caramelized Onions and Potatoes

Serves: 2-4

Caramelized onions and potatoes turned into the perfect spanish tortilla with help of the best vegan omelette mixture!

INGREDIENTS:

- 1 Tbsp. Olive oil
- 1/2 a Sweet onion, sliced
- 1 Tbsp. Agave nectar
- 2 Russet potatoes, sliced thin
- Salt and Pepper to taste

Vegan Omelette

- 1 C. Chickpea flour
- 2 tbsp. Nutritional yeast
- 1 tsp. Garlic powder
- 1 tsp. Turmeric
- 1 Tbsp. Flax meal
- 1/2 tsp. Baking powder
- 1 C. Water
- 1 tsp. Salt
- 1/4 tsp. Black pepper

INSTRUCTIONS:

1. First, heat the olive oil in a cast iron skillet on medium high and add the sliced onions. Saute for a few minutes until they start to become transparent. Season with a bit of salt and pepper. Reduce heat to low and add the



agave.

Stir and continue to saute on low for about 5-7 more minutes or until the onions are nice and brown and caramelized.

2. Now add the sliced potatoes and toss with the onions. Season with a bit of salt and pepper. Flatten out the potatoes and leave them for about 2-3 minutes. Toss again, then flatten and leave for another 2-3 minutes.

VEGAN CARAMELIZED ONION AND POTATO SPANISH TORTILLA



ABOUT THE AUTHOR



The story of Rabbit and Wolves comes from the mind of Lauren Hartmann with assistance from her husband Chris. Lauren is a classically trained pastry chef and vegan. She is inspired every day by the beauty and artistry of food. She is obsessed with proving to herself that she can make anything vegan.

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