



La Casi Vegetariana

ALMOST VEGETARIAN
FOOD BLOG

Mixing Traditional & TextMex

This blog really is the love child that celebrates the Tex-Mex food I grew up loving and the Traditional Guanajuatán Cuisine from my husband's family - and a sprinkle of dishes from across the world as we explore other almost vegetarian and GF meals.

Vegetarian & Vegan

For the past several years due to health concerns our family has been striving to limit our consumption of meat and animal products.

Mostly Gluten Free

As someone with a Gluten Allergy I am passionate about creating delicious GF dishes, and exploring naturally GF cuisines.



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EXPLORANDO EL
MUNDO CULIARIO