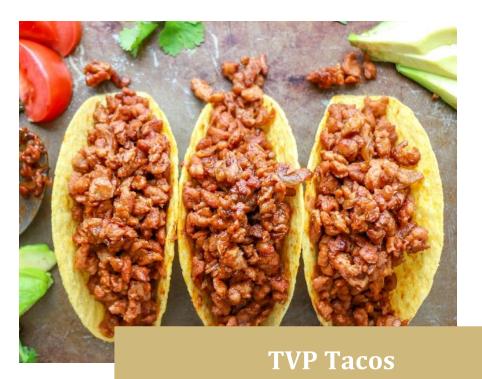
## **INGREDIENTS**

- 2 cups Textured Vegetable Protein (TVP)
- 2 cups Water
- 2 tbsp Soy Sauce
- 2 tbsp Olive Oil
- 1 package Taco Seasoning
- 1 Red Pepper
- ¼ cup Salsa

## **DIRECTIONS**

- 1. Dice up red pepper and set aside.
- 2. In a large skillet or pan, heat the water over medium heat, and add the TVP, stirring well. Allow the TVP to reconstitute for 2-3 minutes.
- 3. Add oil and soy sauce, then peppers and taco seasoning, stirring well.
- 4. Allow to cook for another 3-5 minutes, stirring frequently. Mix in salsa and remove from heat.
- 5. Serve in a tortilla or hard taco shells with your choice of toppings!





Dairy-Free | High Protein | Vegetarian | Vegan

Yield: Prep Time: Cook Time: 4 Servings 5 Min 10 Min