

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!



TVP Tacos

Dairy-Free | High Protein | Vegetarian | Vegan

Yield:
4 Servings

Prep Time:
5 Min

Cook Time:
10 Min