

# TVP Taco Salad Bowl

Web Recipe · Lunch · GF

**440 cal · 28g protein · 52g carbs · 14g fat · 4 servings**

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## Ingredients

- 1.5 cups TVP textured vegetable protein
  - 1.5 cups hot vegetable broth
  - 1 tbsp olive oil
  - 2 tbsp taco seasoning
  - 1 can (15 oz) pinto beans drained and rinsed
  - 4 cups shredded romaine lettuce
  - 1 cup cherry tomatoes halved
  - 1 cup corn kernels
  - 1 medium avocado diced
  - 1/4 cup red onion diced
  - 1/4 cup salsa
  - 2 tbsp nutritional yeast
  - juice of 1 lime
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## Instructions

1. Rehydrate TVP by pouring hot vegetable broth over it. Let sit 10 minutes to absorb.
  2. Heat olive oil in a skillet. Add rehydrated TVP and taco seasoning. Cook 5-7 minutes, stirring, until lightly browned.
  3. Add pinto beans and cook 2-3 minutes until heated through.
  4. Assemble bowls: divide shredded romaine among 4 bowls.
  5. Top with TVP-bean mixture, cherry tomatoes, corn, diced avocado, red onion, and salsa.
  6. Sprinkle with nutritional yeast and squeeze lime juice over each bowl.
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Generated by Meal Planner · Per serving macros