

TVP Fajita Bowl



PREP TIME

10 mins

COOK TIME

20 mins

TOTAL TIME

30 mins



SERVINGS

7



CALORIES

473 kcal

EQUIPMENT

- 1 cutting board
- 1 knife for cutting vegetables
- 1 large pan
- cooking spray
- 7 Tupperware bowls optional

INGREDIENTS

- 4 ½ c bell peppers sliced
- 4 ½ c onions sliced
- 4 ½ c mushrooms sliced
- 2 garlic cloves chopped
- 3 ½ c canned black beans drained and rinsed
- 2 c water
- 2 c TVP textured vegetable protein
- ¼ c soy sauce
- ½ tsp liquid smoke

- 1 tsp onion powder
- 1 tsp chili powder
- 2 tsp cumin
- $\frac{1}{4}$ tsp cayenne
- $2 \frac{3}{4}$ c salsa divided
- $1 \frac{3}{4}$ c Violife cheddar shreds
- 210 g avocado sliced

INSTRUCTIONS

1. Spray a large pan with cooking spray and heat over medium.
2. When the pan is hot, add your garlic, onions, peppers, and mushrooms.
3. Sauté for 8-10 minutes until all veggies are soft and onions are translucent.
4. Set aside.
5. Heat another large skillet over medium-high heat.
6. Add water and TVP to the pan and let cook until most of the water is absorbed.
7. Add your onion, chili powder, cumin, and cayenne pepper and mix well, cooking for about a minute.
8. Stir in 1 cup of salsa and heat until warmed through.
9. Set aside.
10. Assemble 7 Tupperware bowls in front of you.
11. Portion out the sautéed veggie mixture evenly among them.
12. Portion out the TVP taco meat evenly among the bowls as well.
13. To each bowl, add $\frac{1}{2}$ c black bean, $\frac{1}{4}$ c Violife cheddar shreds, 4 tbsp salsa, and 30g avocado (alternatively, you can add the avocado at serving time so it doesn't brown).
14. Store in the fridge.

NUTRITION

Nutrition Facts

TVP Fajita Bowl

Amount Per Serving

Calories 473	Calories from Fat 126
% Daily Value*	
Fat 14g	22%
Carbohydrates 67g	22%
Protein 28g	56%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!