

TVP Black Bean Tacos

Web Recipe · Dinner · GF

410 cal · 26g protein · 50g carbs · 14g fat · 6 servings

Ingredients

- 1.5 cups TVP textured vegetable protein
- 1.5 cups hot vegetable broth
- 1 tbsp olive oil
- 2 tbsp chili powder
- 1 tsp cumin
- 1 tsp smoked paprika
- 2 tbsp soy sauce
- 1 can (15 oz) black beans drained and rinsed
- 12 small corn tortillas
- 1 cup shredded lettuce
- 1 cup pico de gallo
- 1/2 cup raw cashews soaked and blended with 1/4 cup water for crema
- 1 tbsp lime juice

Instructions

1. Rehydrate TVP by pouring hot vegetable broth over it. Let sit 10 minutes.
2. Make the cashew crema: blend soaked cashews, water, lime juice, garlic, and salt until completely smooth.
3. Heat olive oil in a skillet. Add rehydrated TVP, all the spices, and soy sauce. Cook 6-8 minutes until browned.
4. Stir in black beans and cook 3 more minutes until heated through.
5. Warm corn tortillas in a dry skillet for 30 seconds per side.
6. Fill tortillas with TVP-bean mixture. Top with shredded lettuce, pico de gallo, pickled jalapeños, and cashew crema.
7. Garnish with cilantro and serve with lime wedges.

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