

# 5 Minute Taco Meat



PREP TIME

5 mins

COOK TIME

5 mins

TOTAL TIME

10 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

4 servings

CALORIES

183 kcal

## INGREDIENTS

- 2 c water
- 2 c TVP
- 1/3 c soy sauce or tamari
- 1/2 tsp liquid smoke
- 1 tsp onion powder
- 1 tsp chili powder
- 2 tsp cumin
- 1/4 tsp cayenne pepper
- 1 c salsa

## INSTRUCTIONS

1. Heat a skillet over medium-high heat.
2. Add water and TVP to the pan and let cook until most of the water is absorbed.
3. Add your onion, chili powder, cumin, and cayenne pepper and mix well, cooking for about a minute.
4. Stir in your salsa and heat until warmed through.

5. Serve in tacos, on salad, or however you like.

## NUTRITION

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### Nutrition Facts

5 Minute Taco Meat

**Amount Per Serving**

**Calories** 183

**% Daily Value\***

**Fat** 0g **0%**

**Carbohydrates** 18.65g **6%**

    Fiber 8g **33%**

**Protein** 27.05g **54%**

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

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 Tried this recipe?

Let us know how it was!

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