

TVP Taco Salad Bowl

Web Recipe · Lunch · GF

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

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

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.

Generated by Meal Planner · Per serving macros