

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

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.



Tried this recipe?
Let us know how it was!