

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
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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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