

Loaded Taco Sweet Potato with Seitan

The Vegan Gym · Lunch · Dinner · SF

421 cal · 40g protein · 58g carbs · 3g fat · 4 servings

Ingredients

- 16 oz seitan (454g)
 - 4 medium sweet potatoes
 - 1 large onion diced (194g)
 - 2 cloves garlic minced
 - 1 tbsp taco seasoning
 - 1 large tomato diced
 - 1 cup shredded lettuce
 - 1 can black beans drained and rinsed
 - ¼ cup salsa
 - green onions for garnish
 - fresh cilantro for garnish
 - 1 lime cut into wedges
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Instructions

1. Preheat oven to 400°F. Pierce sweet potatoes with a fork and bake for 45-50 minutes until tender.
 2. While potatoes bake, crumble or dice the seitan. Heat a skillet over medium heat with a small amount of oil.
 3. Sauté diced onion for 3-4 minutes until softened. Add garlic and cook 1 minute more.
 4. Add the seitan and taco seasoning. Cook 5-7 minutes, stirring occasionally, until seitan is browned.
 5. Warm the black beans in a small saucepan or microwave.
 6. Split the baked sweet potatoes open and fluff the insides with a fork.
 7. Load each sweet potato with seasoned seitan, black beans, diced tomato, shredded lettuce, and salsa.
 8. Garnish with green onions, fresh cilantro, and a squeeze of lime.
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