

From the kitchen of David and Jennifer Deaven



- A: 1C textured vegetable protein
- 2 3/4C water
- 1 lime, juice
- 1t vegetable stock paste (or other stock)
- 2t nutritional yeast
- 2T chile paste
- 2t paprika
- 1t oregano
- 2t cumin, ground
- 1 bay leaf
- B: 2t canola oil
- 1 onion, diced fine
- 2C mushrooms, diced fine
- 3c garlic, minced
- C: 1/4C walnuts, chopped
- D: 6 flour tortillas (or corn, fried)
- E: 1/2C cheddar cheese (or other)
- 1/2C onion, chopped

Vegetarian/Tvp Tacos

Vegetarian/Tvp Tacos

- 1/2C cilantro, chopped
- 1C lettuce, chopped
- 1 avocado, peeled and diced
- 1 lime, cut into wedges
- Salsa, taco sauce, jalapenos, other

1. Combine (A) in saucepan, heat to just boiling, reduce heat and cook, uncovered, stirring occasionally, 15 minutes or until liquid reduces substantially.
2. Place (B) in iron skillet, saute until onions are translucent. Add (C) and continue to saute 5 minutes more.
3. Add TVP mixture to skillet over high heat, and saute until moist but not wet.
4. Assemble tacos by placing meat mixture from skillet onto tortilla (D), add toppings (E).

Servings: 6

\$Id: tvp_tacos,v 1.1 2020/07/29 03:37:19 deaven Exp \$

From the kitchen of David and Jennifer Deaven