

Faux taco meat

Ingredients

1 Cup hot water

1 Cup Texturized Vegetable Protein (TVP) I used Bob's Red Mill brand

1 medium onion, diced

2 cloves garlic, minced

1 Tbsp Tomato paste

3 Tbsp Taco Seasoning

1 ½ tsp white vinegar

Salt, to taste

Cayenne Pepper, optional

Instructions:

In a bowl, pour 1 cup hot water over TVP. Stir and let stand for 5-10 minutes to absorb. Heat few tablespoons water in large pan over medium heat. Add onion and cook until translucent, 5-10 minutes. Add garlic and cook until fragrant, 2-3 minutes. Stir in rehydrated TVP, tomato paste, taco seasoning and ½ cup water. Cook and stir until water has evaporated, about 15 minutes. Stir in vinegar. Add salt and cayenne pepper to taste. Spoon into tortillas and top as desired.

Makes 8 tacos

Recipe from back of Bob's Red Mill TVP product