

TVP BURRITO BOWL

INGREDIENTS *(For 4)*

Chipotle Sauce

- 1/2 cup plain greek yogurt
- 1 tbsp mayonnaise
- 3 tbsp lime juice

Taco Seasoning

- 1 tsp. each of chili powder, paprika, pepper, onion powder, garlic powder, oregano, and a pinch cayenne

Burrito Bowl

- 2 cups cooked rice
- 2 cups dry Textured Vegetable Protein (TVP)
- 2 cups warm vegetable broth
- Canned black beans
- Tomatoes
- Lettuce
- Corn
- Avocado
- Grated Cheese
- Parsley

FACT

Textured Vegetable Protein is a soy product that is an alternative to meat. It is both nutritious and low cost!



DIRECTIONS

1. Start by cooking the rice.
2. While rice cooks, prepare the TVP by mixing dry TVP with warm vegetable broth, and taco seasoning. Set aside.
3. Make the chipotle sauce by combining Greek yogurt, mayonnaise, lime juice and remaining taco seasoning. Set aside.
4. Assemble your Burrito bowl with your choices of TVP, black beans, tomatoes, lettuce, corn, avocado, cheese, parsley, and/or chipotle sauce.

COOKING TIP

For less prep in the future, make a large batch of the taco spices and save in a labelled jar!