



## TVP Taco Bar

### *INGREDIENTS*

1 yellow onion  
1 red pepper  
1 clove garlic  
1 can pinto beans (15 oz)  
1 can diced tomatoes (15 oz)  
1/2 cup frozen corn  
1 cup TVP\*  
1 tbsp chili powder  
1 tbsp cumin powder  
1/2 tbsp paprika  
1 tsp dried oregano  
Salt to taste  
Pepper to taste  
Soft corn tortillas

### *Toppings:*

Fresh avocado  
Fresh tomatoes  
Cabbage  
Radish  
Fresh cilantro leaves

### *METHOD*

**1** Prepare your ingredients. Dice the yellow onion. Dice the red pepper. Mince the garlic. Drain and rinse the pinto beans. Slice the fresh avocado. Dice the fresh tomatoes. Slice the cabbage. Slice the radish.

**2** Bring a medium saute pan to medium heat. Cook the diced yellow onion until tender. Add the diced red pepper and minced garlic. Cook for another minute. Add the pinto beans, diced tomatoes, frozen corn, TVP, chili powder, cumin powder, paprika, dried oregano, salt, and pepper. Stir together. Cook for another 8 minutes, until the TVP is tender.

**3** Serve on soft corn tortillas. Add fresh avocado, diced fresh tomatoes, sliced cabbage, sliced radish, fresh cilantro leaves, or any other toppings of your choice.

### *TIPS & ADDITIONAL INFORMATION*

\* TVP (textured vegetable protein) is a plant-based protein made from soy flour. It absorbs flavor and softens as it cooks. You can buy TVP in large supermarkets, health food stores, or online.