

Tacoritos⁴⁴

You need 5-6 cups of sauce for a family of 4. Calorie count is for sauce alone & NOT faux burger or anything else. 1/4 c faux burger would add 46 calories.

2 recipe	Alfredo sauce	4 tsp	cumin
3 tsp	poultry seasoning	4 tsp	chili powder
2 tsp	oregano	1 Tbs	nutritional yeast
2 tsp	sage leaves	1 cup	Faux hamburger crumbles
2 tsp	garlic powder		

Procedure

- 1 Add taco powder to faux hamburger for taco filling.
- 2 Mix all except faux hamburger and simmer 30 minutes
- 3 On a flour tortilla spread a layer of refried beans, then faux hamburger. Next add the ingredients of your choice: shredded lettuce, chopped tomatoes, faux cheese, salsa. Wrap into a burrito and pour sauce on top.

Servings: 9

Yield: Guessing there are 9 half cup servings in this recipe

Degree of Difficulty: Easy

Nutrition Facts

Nutrition (per serving): 93 calories, 32 calories from fat, 4.5g total fat, <1mg cholesterol, 585.4mg sodium, 53.3mg potassium, 2.2g carbohydrates, 7g fiber, <1g sugar, 17.5g protein.

Faux hamburger crumbles-1 c per serving

1 Tbs soy sauce	1/2 tsp garlic powder
1 Tbs Worcestershire sauce	1 cup dry TVP
1 Tbs steak sauce	
1/2 tsp onion powder	

Procedure

- 4 Mix all ingredients except TVP together with 1 c water until well combined. Bring to a boil then add TVP and remove from heat. Stir well.
- 5 If in a pinch for time, just microwave all ingredients in the water and add TVP. Will also reconstitute in cold water, it just takes a little longer.

Yield: Once reconstituted makes about 2, 1 cup servings

Degree of Difficulty: Very easy

Nutrition Facts

Nutrition (per serving): 185 calories, 1 calories from fat, <1g total fat, 0mg cholesterol, 540mg sodium, 1196.6mg potassium, 4.8g carbohydrates, 8.4g fiber, 8.2g sugar, 25g protein.

Recipe Type

Main Dish, Vegan - Plant Based

Recipe Tips

(TVP is dry tofu. It can be bought in small bags in the health food/bulk area of Earth Fare or in bulk at Whole foods or in bags sold by Bob's Red Mill or in bulk online is cheapest at bulkfoods.com)