1. Tostada Bake

TVP taco filling is simply faux hamburger crumbles with taco seasoning added to taste. This recipe uses homemade crumbles but could use store bought frozen product, too.

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| 2 cup Bisquick½ cup cornmeal½ cup nondairy milk3 Tbs applesauce2 cup TVP taco filling8 oz tomato sauce | 16 oz no-fat refried beans½ cup chopped onion, sauteed (optional) Tostada toppings like chopped lettuce and tomato and onion as desired |

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Procedure

* + 1. Tostada: Mix Bisquick, cornmeal, applesauce and non-dairy milk just until ingredients mixed. Pat dough into a 9” x 13” sprayed pan and cook for 9-10 minutes.
		2. Mix remaining ingredients in a sauce pan over low to medium heat until thoroughly mixed. Pour/spread over cooked tostada. Bake 10-15 min until hot. Top with desired tostada toppings.

Servings: 9

Degree of Difficulty: Very easy

Oven Temperature: 350°F

Nutrition Facts

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| Serving size: 1/9 of a recipe (6 ounces). | RecipeNutrition3279.gif |

Recipe Type

Main Dish, Vegan - Plant Based

1. z Faux hamburger crumbles

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| 1 Tbs soy sauce1 Tbs Worcestershire sauce1 Tbs steak sauce¼ tsp onion powder | ¼ tsp garlic powder¼ tsp ginger1 cup dry TVP |

Procedure

* + 1. 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.
		2. 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.

Servings: 2

Yield: Once reconstituted makes about 2, 1 cup servings

Degree of Difficulty: Very easy

Nutrition Facts

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| Serving size: 1/2 of a recipe (2.8 ounces). | RecipeNutrition3280.gif |

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 most grocery stores or in bags sold by Bob's Red Mill or in bulk online is cheapest at bulkfoods.com)