

RECIPE IDEA:


Vegetarian Tacos

INGREDIENTS

- 4, 4oz Jensen® Plant-Based Patties, thawed
- 1 Tbsp Vegetable Oil
- 1 Package Taco Seasoning Mix
- 2/3 C Water
- 1 C Cheddar Cheese, shredded
- 2 C Lettuce, shredded
- 1/2 C Salsa
- 4 Flour Tortillas or 8 Hard Taco Shells, warmed



 Serves 4

 Allergens: Milk, Soy, Wheat

 Nutrition Facts will vary based on ingredients used.

DIRECTIONS

1. Heat oil in skillet over medium heat.
2. Once the oil is hot, add the plant based patties and break up into small pieces with wooden spoon. Cook until the patties are browned.
3. Add in the taco seasoning and and water. Heat to boiling. Reduce heat and simmer 3-4 minutes, stirring frequently, until thickened.
4. Divide seasoned plant based meat among heated tortillas or taco shells.
5. Top with cheese, lettuce, salsa.

Consider adding additional topping such as diced tomato, sliced green onion, sliced jalapeno, sour cream, guacamole.

Nutrition Facts	
Serving size	2 tacos
Amount Per Serving	
Calories	530
<small>% Daily Value*</small>	
Total Fat 33g	42%
Saturated Fat 15g	75%
<i>Trans Fat</i> 0g	
Cholesterol 30mg	10%
Sodium 1200mg	52%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 29g	58%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	