



Taco Meat

Using a blend of Flavored Plant Protein + Beef

Yield: 26/3 oz servings

Ingredients

- 1 lb #87681 Plant Protein Taco Flavored Crumble
- 2½ lb ground beef
- 1½ lb water
- 8 oz diced onion
- 2 oz cooking oil

Preparation

- 1) Sauté beef in oil over medium heat. Add onions and continue cooking.
- 2) Add hot water, bring to a simmer and turn heat to low.
- 3) Add taco flavored plant protein, allow to cook on low heat for 10-15 minutes.
Product should hydrate and mixture should thicken slightly.