

ONE BITE

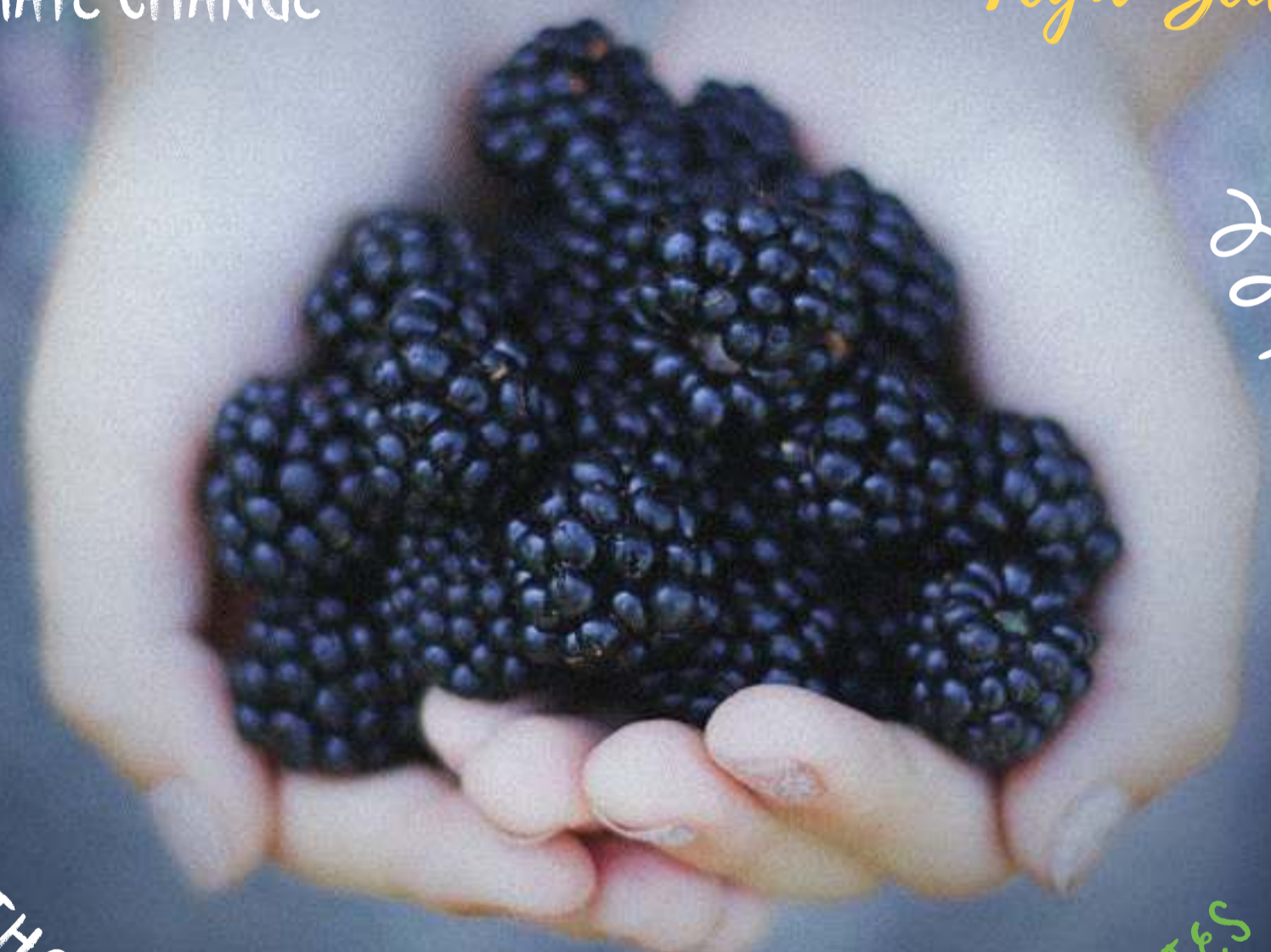
onebitevegan.com

Vegan Magazine

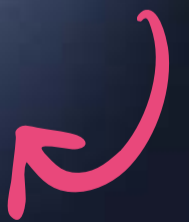
summer 2019 issue

EATING AWAY
at CLIMATE CHANGE

CLASSIC DISHES
Veganized!



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES



>> 30 MINUTE
Vegan Meals <<

TWO SECRETS
for EATING VEGAN
ANYWHERE

MAMA MIA
VEGAN PREGNANCY

Quinoa Taco Meat

PREP TIME:

10 mins

COOK TIME:

20 mins

TOTAL TIME:

30 mins

SERVINGS:

6

CALORIES:

154kcal

By Elizabeth Shah

This Quinoa Taco Meat recipe is for all you SUPER WOMEN (and you dudes, too)—who also happen to be vegan or vegetarian. The ones who always volunteer to host the team dinner, have the one house in the neighborhood all the kids hang out at, and who never give up trying to make healthy, meatless meals for your families. Vegans and non-vegans alike will love this meal that's quick, simple and easy on the budget.

INSTRUCTIONS

1. Press the tofu and crumble. Season with the chili seasoning blend and fry vigorously in a pan. Now add the remaining ingredients for the chili sauce and taste with chili seasoning blend. If you use TVP, soak it with water and chilli blend and sift it. Also fry vigorously. If you use lentils, cook them according to the package instructions.
2. Now prepare the cheese sauce. Add all the ingredients to a high speed blender and mix until a creamy mass is produced without pieces.
3. Bring this mixture to a boil briefly in a saucepan.
4. While the taco "meat" is simmering, preheat the oven to 425 degrees. Heat the taco shells in the oven for 2-3 minutes.
5. Assemble your tacos or build your taco bar buffet. Serve with toppings above--or substitute whatever you and your family likes best.

INGREDIENTS

- 1 cup uncooked red quinoa, rinsed and cooked (about 3 cups cooked, see notes)
- ½ med yellow onion, finely diced (see notes)
- 2 cloves of garlic, smashed and minced (see notes)
- 1 28 ounce can whole San Marzano tomatoes and liquid, chopped/mashed (see notes)
- 1 tablespoon Taco Seasoning (see notes)
- Sea salt, to taste
- Optional: Vegan Easy Cheese Sauce
- Optional: Serve with Guacamole

Elizabeth Shah



Elizabeth Shah is a writer and blogger behind healthymidwesterngirl.com. Her blog is all about sharing whole food plant-based vegan recipes. Elizabeth aims to use her 30+ years of cooking experience to create and share delicious and healthy food that anyone can make and enjoy.

Website: healthymidwesterngirl.com

Facebook Twitter Pinterest Instagram