



# VEGETARIAN TACO



## INGREDIENTS:

- 1/4 cup TVP\*
- 1 tsp chipotle seasoning
- 2 tbsp black beans
- 2 tbsp corn
- 2 tbsp Bombshell guacamole
- 1 tbsp salsa
- 1 low-carb soft taco wrap

## DIRECTIONS:

- 1) Place TVP in a small bowl and mix with taco seasoning
- 2) Add 2-4 tbsp hot water while mixing, add enough water to hydrate all the TVP. Allow TVP to absorb water for 1-2 minutes
- 3) Add cooked TVP and all other ingredients in wrap

Enjoy!

Makes 1 Taco

Calories: 240 | Protein: 20 g | Carbs: 31 g | Fat: 5 g | Fiber: 14 g