



Taco Meat

Using a blend of flavored pea plant protein + beef

Yield: 26/3 oz servings

Ingredients

1 lb	<i>*Plant Protein Taco Flavored Crumble</i>
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.