



TVP OR MUSHROOM TACOS VEGAN RECIPE BY CHEF DAVE ROLLS, @CHEF4HEALTH

Add a bag of your Favorite yellow organic low sodium tortilla chips, hot sauce, salsa, cheese, guacamole

INGREDIENTS

- 2 cups TVP Texturized Vegetable Protein(soy) or Shredded Mushrooms
- 1 can kidney beans (rinsed)
- 1 qt vegetable broth
- 1 medium sized yellow onion, med diced
- 2 TBSP minced garlic
- 1 can 28 oz diced tomato
- 1 large diced green bell pepper
- 2-3 Jalapenos, chopped
- 1 teaspoon Tabasco
- 2 teaspoon Worcestershire sauce
- 2 tsp low sodium soy sauce
- ½ teaspoon kosher salt TT (to taste)
- 2 TBSP chili powder, cumin, smoked paprika,
- 1 TBSP onion powder, garlic powder,
- 1/3 cup fresh chopped cilantro
- Lettuce mix

INSTRUCTIONS

1. Over medium heat, Add diced onions, green peppers to large sauté pan. Add 2-3 TBSP's of Vegetable broth. Mix well. Cook until onions are clear.
2. Add minced garlic and TVP or Mushrooms and 1 cup of Vegetable broth, mix well,
3. Add Worcestershire sauce, low sodium soy sauce
4. adding more vegetable broth as the TVP or Mushrooms absorb.
5. Add spices, cumin, chili powder, onion powder, paprika ,onion powder, Salt and Pepper TT
6. Rinse kidney beans and add to pan "Rinsing the beans can remove as much 60% of the sodium.
7. Once it is all incorporated, remove from heat and assemble the salad. Don't forget the non dairy sour cream

Assemble the lettuce and chips in a bowl, add TVP mix to salad, top with your favorite things enjoy

Cashew sour cream

BY CHEF DAVE ROLLS, @CHEF4HEALTH

Ingredients

- 1 cup raw cashews
- 1 TBSP lemon Juice
- 1 tsp Apple Cider vinegar
- 1/3 cup Almond milk
- Pinch of Kosher Salt

Preparation:

1. Add cashews to a Pyrex or heavy bowl,
2. Bring 2 cups of water to a boil
3. Add hot water to bowl covering cashews, let soak 30+ minutes to soften
4. After soaking, drain and rinse the cashews and add them to food processor with lemon juice, vinegar, Ksalt and ACV
5. While processor is running slowly add almond milk and process until sauce is smooth.
6. ** Add more lemon juice for more "sour" to your sour cream

Refrigerate for up to 7 days.