

Taco “Meat”

Makes 16 Servings

Ingredients

2 cups uncooked quinoa	½ cup onion, chopped
2 tsp oil or water	4 cloves garlic, diced
4 cups vegetable broth	2 tsp chili powder
1 tsp salt or to taste	1 tsp ground cumin
2 tsp taco seasoning	½ cup tomato sauce

Directions

1. Rinse quinoa and strain for two minutes.
2. Add quinoa to a large pot with oil or water, cook on medium for 5 minutes until lightly browned.
3. Add broth. Bring to a boil. Turn heat down to low. Simmer for 20 minutes or until the liquid is absorbed into the quinoa.
4. Add remaining ingredients. Stir until well mixed.
5. Cook for 5 more minutes until quinoa is crispy and resembles taco meat.

*Source: Simply Fresh by Kylee Melo, R.D.