

APRIL IS NATIONAL SOYFOODS MONTH

Soy Soft Tacos

Recipes provided by...

Soybeans

Nebraska Soybean Board



Quick Tip...

Try using black soybeans instead of black beans or chili beans in your next dish.

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INGREDIENTS...

1 1/2 cups Boiling water	1 tbsp Chili powder
2 cups Texturized soy protein (TSP)	2 tsp Garlic salt
1 lb Lean ground beef	1/2 tsp Ground pepper
1 cup Onions, chopped	24 Tortillas
1 tbsp Soybean oil (vegetable oil)	1 1/2 qts shredded lettuce
2 cups Tomato sauce	3 cups Fresh tomatoes, diced
1 cup Canned diced green chilies	3 cups Lowfat cheddar cheese
	1 1/2 qts Salsa, prepared

Pour boiling water over TSP. Sauté ground beef and onion in oil until beef is no longer pink. Add rehydrated TSP, tomato sauce, green chilies, chili powder, garlic salt and pepper; mix well. Bring mixture to boil, reduce heat and simmer 15 minutes. Prepare each serving as ordered. Wrap tortilla in clean towel and microwave at HIGH (100% power) 20 to 25 seconds. Place tortilla on serving plate, spoon 1/3 cup filling in center of each tortilla. Top with 1/4 cup shredded lettuce and 2 tablespoons each tomatoes and cheese. Fold in half. Serve with 2 oz. (1/4 cup) salsa.

Makes 24 tacos.

Per taco:

Calories:	149
Protein:	10.1 g
Carbohydrate:	16 g
Total fat:	4.8 g
Cholesterol:	16.2 mg
Sodium:	560 mg
Dietary Fiber:	1.5 g

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