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Plant-Based Food Preparation for Schools, Camps, Institutions &amp; Homes

## Terrific Tacos

*(contributed by Jennifer Raymond)***Yields 100 tacos****(1/4 cup of filling per taco)**

1 cup water  
 3 quarts chopped onion  
 1 quart finely chopped green bell peppers (optional)  
 1 30-ounce package ADM Harvest Burger Dry Mix (or 8 cups other textured veggie protein-tpv)  
 1 #10 can crushed tomatoes or tomato sauce  
 1/3 to 1/2 cup chili powder  
 1/4 cup granulated garlic  
 1-1/2 tablespoons cumin  
 100 corn tortillas or preformed taco shells

**Garnish options:**

1 gallon shredded romaine lettuce  
 7 medium tomatoes, diced  
 1-1/2 lbs.. cheddar cheese, shredded (optional)  
 salsa or taco sauce

**Procedure:** Heat the water in a large pot or steam-jacketed kettle. Add the onions and bell peppers and cook until soft. Add the tvp, crushed tomatoes or tomato sauce, water, chili powder, granulated garlic, and cumin. Cook over low heat until the tvp is softened and the mixture is fairly dry, about 30 minutes.

**Note:** Filling may need salt if plain unseasoned tvp is used.

For soft shell tacos: Heat corn tortillas in a warmer or oven. Place 1/4 cup of filling in the center, fold the tortilla in half, and place on sheet pan. Continue until all tortillas are filled. Cover with plastic film and hold in warmer until ready to serve. Garnish options: lettuce, tomatoes, cheese, salsa. For crisp shell tacos: Place 1/4 cup of filling into preformed taco shell just before serving. Garnish with lettuce, onions, tomatoes, and salsa.

**Nutrition information per taco:**

Calories:	126 (10% from fat)
Protein:	7 g
Carbohydrate:	21 g
Fat:	1 g
Sodium:	75 mg
Calcium:	92 mg

## Hearty Chili Mac

*(contributed by Jennifer Raymond)***Yields 100 cups**

5 pounds uncooked pasta spirals  
 1 gallon chopped onions  
 1/3 cup minced garlic  
 1 quart diced bell peppers, fresh or frozen  
 2 #10 cans crushed or diced tomatoes  
 2 #10 cans kidney or pinto beans, including liquid  
 1 #10 can corn, including liquid  
 1 30-ounce package ADM Harvest Burger Dry Mix (or 8 cups other textured vegetable protein-tpv)  
 1-1/2 quarts water  
 1-1/2 cups chili powder  
 1/4 cup ground cumin  
 2 teaspoons salt

Cook the pasta in boiling water until it is just tender. Drain and rinse.

**Procedure:** Heat about 1 cup of water in a large pot or steam-jacketed kettle and cook the onions and garlic about 5 minutes until the onions are soft. Add the remaining ingredients and simmer 30 minutes. Combine with the cooked pasta.

**Nutrition information per 1/2 cup:**

Calories:	109 (2% from fat)
Protein:	6 g
Carbohydrate:	20 g
Fat:	0.4 g
Sodium:	138 mg