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Backpacking TVP Tacos

You won't even know this is meatless!

This has become a go to for us here at Get Outside. Quick, easy, and vegan! You can spruce it up with sautéed fresh garlic and onion or go lightweight with powdered spices. We've even added shredded carrot and cabbage. The options are endless. The average person on our trips finds two tacos enough. Our lead guide and owner, Jenna, usually eats 3 or 4.

Serves Two

Ingredients

3/4 cup TVP

1/2 tbsp chili powder

3/4 tsp garlic powder

1/4 tsp onion powder

1/2 tsp dried chopped onion

3/4 tsp cumin

1/2 tsp paprika

1/4 tsp dried oregano

1/4 tsp dried cilantro

1/2 tsp salt

3/4 cup boiling water

4 small wraps

small container of oil

small container of hot sauce (optional)

1/2 fresh onion (optional)

2 cloves of fresh garlic (optional)



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Instructions

At Home

- Mix dry Ingredients in a ziploc bag

On the Trail

- Bring water to a boil
- Add water to the ziploc, mix, and set aside
- If using the fresh garlic and onion, add oil to pot and sauté the garlic and onion until translucent
- Add the rehydrated ziploc mixture to the onions and garlic and heat
- Serve on small wrap
- Add hot sauce if desired