



Quinoa Taco Meat

By The Minimalist Baker

Serves 3 ½ cups

Ingredients

QUINOA

- 1 cup (184 g) tri-color, white, or red quinoa
- 1 cup (240 ml) vegetable broth*
- ¾ cup (180 ml) water

SEASONINGS

- ½ cup (128 g) salsa (slightly chunky is best - I love Trader Joe's brand)
- 1 Tbsp (3 g) nutritional yeast
- 2 tsp ground cumin
- 2 tsp ground chili powder
- ½ tsp garlic powder
- ½ tsp each sea salt and black pepper
- 1 Tbsp (15 ml) olive or avocado oil

Instructions

1. Heat a medium saucepan over medium heat. Once hot, add rinsed quinoa and toast for 4-5 minutes, stirring frequently.
2. Add vegetable broth and water and bring back to a boil over medium-high heat. Then reduce heat to low, cover with a secure lid, and cook for 15-25 minutes, or until liquid is completely absorbed. Fluff with a fork, then crack lid and let rest for 10 minutes off heat.
3. Preheat oven to 375 degrees F (190 C).
4. Add cooked quinoa to a large mixing bowl and add remaining ingredients (salsa, nutritional yeast, cumin, chili powder, garlic powder, salt, pepper, and oil). Toss to combine, then spread on a lightly greased (or parchment-lined) baking sheet.
5. Bake for 20-35 minutes, stirring/tossing once at the halfway point to ensure even baking. The quinoa is done when it's fragrant and golden brown. Be careful not to burn!
6. This quinoa taco meat goes extremely well in crispy taco shells and soft taco shells, and I also think it would be perfect on nachos, taco salads, tostadas, and in enchiladas. Dream big!
7. Store leftovers in the refrigerator up to 4-5 days. Reheat in the microwave, in a 350 degree F (176 C) oven, or in a skillet on the stovetop.

Nutrition Information

Serving size: ~1/2 cup Calories: 147 Fat: 4.5 g Saturated fat: 0.6 g Carbohydrates: 21.4 g
Sugar: 0.8 g Sodium: 415 mg Fiber: 2.6 g Protein: 5.7 g

The Balanced Body Center

(704) 849-9393

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