

Half-and-Half Taco Filling



Created by a dietitian, this half-meat, half-TVP (textured vegetable protein) mix is a simple way to boost your fibre intake while reducing meat consumption. Perfect for weeknight dinners or lunches served taco-style, or as a topping for salads, nachos, or burritos! It freezes well and makes for a high-protein meal ready in minutes on hectic evenings.

Preparation 10 min

Cooking 12 min

Servings 6

Nutrition Facts (per serving)

Calories 220

Fat 7

Carbohydrates 10

Fibre 3

Protein 29

Sodium 300

Ingredients

- 454 g (1 lb) extra-lean ground turkey (or other lean ground meat of your choice)
- 1 yellow onion, finely chopped
- 15 ml (1 tbsp) reduced-sodium soy sauce
- 250 ml (1 cup) textured vegetable protein (TVP)

- 60 ml (¼ cup) chili sauce (or tomato paste)
- 15 ml (1 tbsp) taco seasoning ([homemade](#) or store-bought)

Preparation

1. In a large non-stick skillet, cook the ground turkey with the onion and soy sauce over medium-high heat for 4 to 5 minutes.
2. Add the TVP, water, chili sauce, and taco seasoning.
3. Stir well and continue cooking for 5 to 7 minutes, or until the meat is fully cooked and the mixture is well combined.

Notes

Keeps for 3 days in the refrigerator or 3 months in the freezer.



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