

# Easy TVP Burrito Bowl

## Ingredients

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### Taco "meat"

- 1 cup TVP, dry
- 1 tablespoon EVOO
- ½ cup Onion, diced
- 2 cloves Garlic
- 1 1/4 cups Veggie broth
- ¼ cup Salsa
- 2 tbsp Nutritional yeast
- 1 tbsp Chili powder
- 1 tsp Smoked paprika
- 1 tsp Cumin

### Bowl

- ½ cup cilantro rice
- ½ cup black beans
- ¼ cup salsa
- ½ cup shredded romaine lettuce
- ¼ an avocado
- ¼ of a lime to top

## Directions

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1. Heat the oil in a large skillet or non-stick frying pan. When hot add the onion and garlic and sauté until the onion turns translucent and just begins to brown, about 5 minutes.
2. Mix in the vegetable broth, TVP, chili powder, smoked paprika, cumin, nutritional yeast, salsa, and salt.
3. Bring to a simmer and cook for about 5 minutes until the vegetable broth has absorbed and the TVP is tender and chewy. If it gets a bit dry just add a splash more vegetable broth. Or if it is too wet, continue to simmer a little longer until the vegetable broth is absorbed.
4. Prepare rice according to package directions.
5. Rinse and drain beans. Heat and season as desired.
6. Assemble the rice bowl starting with rice, then beans, followed by TVP and other toppings as desired.
7. Enjoy!



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# Overnight Zoats

## Ingredients

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### Dry ingredients

- ¼ cup quick oats
- ¼ cup grated zucchini
- 1 tbsp chia seeds
- 1 tsp cinnamon
- 1 tsp protein powder (optional)

### Wet

- ½ cup soy or other milk
- 1 tsp maple syrup

### Toppings

- ½ cup fresh blueberries or other fruit of choice
- 1 tsp peanut butter



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## Directions

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1. Wash and grate zucchini. Measure ¼ cup and set aside.
2. Add dry ingredients to a bowl and mix until evenly combined.
3. Next add soy milk and maple syrup. Mix together.
4. Store in the fridge for at least 4 hours or overnight.
5. When ready to eat, top with peanut butter and blueberries or other fruit, mix and enjoy!



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