



Real Vegetable Meat

WHEN YOU CARE WHAT YOU EAT

Allergen Declaration:

None

Prep time: 20 minutes

Total time: 20 minutes

Nutrition Facts	
Servings	2
Serving size	3 Tacos + Slaw + Guacamole
Amount per serving	
Calories	743
<small>% Daily Value*</small>	
Total Fat 32g	49%
Saturated Fat 4g	21%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 389mg	16%
Total Carbohydrate 90g	30%
Dietary Fiber 28g	114%
Total Sugars 12g	
Added Sugars 0g	
Protein 17g	35%
Vitamin C 82mg	140%
Calcium 188mg	20%
Iron 5.7mg	30%
Potassium 1255mg	35%
Vitamin A 7868IU	160%

*The % Daily Values tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Everyone Loves Tacos, That Everyone Can Eat!

**RVM™ Tacos w/ lime & jalapeno ccc-slau
(cabbage, carrot, cilantro) and fresh avocado**

1



Prepare Slaw

In a medium bowl, whisk together the **2 Tbs extra virgin olive oil**, **¾ juice of 1 lime** and **1 tsp cumin seed**. Shred in the **red cabbage** and **carrot**. Then add **chopped green onion**, and **cracked black pepper** and **salt** to taste.

Move **slaw** to plastic bag and massage /squeeze the **dressing** into the **shredded vegetables**.

2



Prepare Guacamole

Pit avocado, scoop out the pulp and mash coarsely with a fork.

Fold in the remaining **¼ lime juice**, a **small seeded diced tomato**. Then to taste add: **minced garlic**, **chopped cilantro**, **diced jalapeno** and **salt**.

3



Sear & Chop RVM™ into Ground

Lightly coat with **pure olive oil** and preheat skillet to Med. (375°F).

Cut open **RVM Taco** package. Place the **patties** into the hot pan. Sear until lightly browned at edges (90 sec.), flip and sear 60 seconds. **Chop patties** in pan with rigid spatula/turner to desired ground size while cooking 2 more min. Push **ground** to side of pan.

4



Heat Tortillas, and Assemble

Place **tortilla** into the hot lightly oiled pan. Heat through to slight spotted browning. Flip until warmed through, 60 sec. per side.

Assemble tacos: **tortilla**, **RVM Taco ground**, **guacamole**, **slaw** on top (differs from photo).

Recipe Tips:

- High heat will burn RVM.
- Most stoves 375°F is between a 4 - 6 of 10.
- Use rigid spatula/turner
- Cool RVM Taco and reheat for crispiest taco meat.

Ingredients:

Taco

2 RVM Taco patties
6 tortilla (5" soft corn)

Slaw

¼ head red cabbage
1 carrot, large
1 green onion

Dressing

1 Tbs extra virgin olive oil
1 lime
1 tsp cumin seed
cracked black pepper

Guacamole

1 avocado
¼ lime, juiced
1 garlic clove
⅛ cup cilantro, fresh
1 tomato, small
jalapeno, to taste

Grab your:

- Citrus juicer (lime)
- 1 x 1 gal plastic bag
- Chef knife
- Cutting board
- 2 mixing bowls
- Whisk
- Large skillet
- Turner/Spatula



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