



## Quinoa Lentil Taco Meat

### Ingredients:

- ½ cup Nature's Earthly Choice™ Tri-Color Quinoa
- 1 cup broth or water
- ½ small yellow onion, diced
- 1 cup lentils, cooked
- 3 teaspoons minced garlic
- 3 tablespoons taco seasoning
- 3 tablespoons nutritional yeast
- 2 tablespoons tomato paste
- Oil

### Directions:

1. In a small pot, combine the quinoa and liquid. Bring to a boil then reduce to a simmer. Cook for 15 to 20 minutes, or until quinoa is tender.
2. In a large skillet, warm 1 tablespoon of oil. Cook the onions for 5 to 7 minutes, or until tender. Add the quinoa, lentils, garlic, taco seasoning, nutritional yeast, and tomato paste.
3. Cook until slightly browned, tossing well, adding oil as needed. (Optional: Add a splash of hot sauce and/or liquid smoke.) Serve with tortillas and your favorite taco toppings.