



You will need:

3 cups meat substitute such as:

- vegetarian beef crumbles
- TVP (small crumbles)
- tofu
- choice of beans
- (or a combination of any)

Taco seasoning

- 1 can of kidney beans, drained
- 1 1/2 C biscuit mix
- 1 C non-dairy milk

Any optional toppings you want such as:

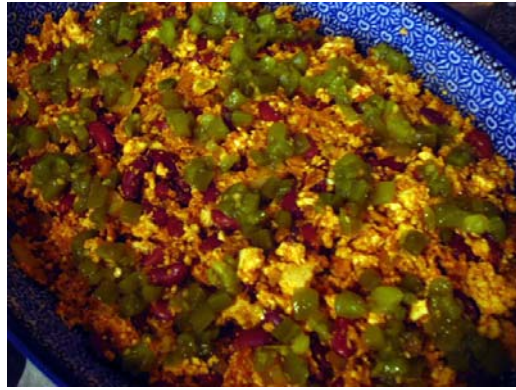
- Tomatoes, chopped
- Lettuce
- Black olives, sliced
- Chili peppers
- Avocados
- Salsa
- Vegan cheese
- Vegan sour cream
- Etc.

1. Heat oven to 400F (200C) and grease an 8" baking dish.
2. Follow the taco seasoning directions and mix with any or all meat substitute combinations. Stir in kidney beans.



I used tofu and TVP

3. Once everything is combined and seasoned, put the delicious bean mixture into the baking dish. (If using vegan cheese, sprinkle this on top now).



I added a can of chilis on top

4. In a bowl, combine the biscuit mix and non-dairy milk. One mixed, pour over top the mixture.

5. Bake uncovered for 20-25 minutes or until lightly brown on top.



As an afterthought, I decided to add a little Tofutti cheese

6. Add toppings and serve!



Tomato, avocado, salsa verde, lettuce.

This makes about 6-8 delicious portions.
Just writing about it makes me want to go make it again. Perhaps I will!