



## Recipe Ideas

**Allergen Declaration:**  
None

Prep time: 20 minutes  
Total time: 20 minutes

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

# Everyone Loves Tacos, That Everyone Can Eat!

**NexVeg Tepary Smoky Southwest tacos topped with lime & jalapeno ccc-slaw (cabbage, carrot, cilantro) and fresh avocado**

\*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.



1

### Prepare Slaw

In a medium bowl, whisk together **2 Tbs extra virgin olive oil**,  $\frac{3}{4}$  **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  $\frac{1}{4}$  **lime juice**, a **small seeded diced tomato**. Then to taste add: **minced garlic**, **chopped cilantro**, **diced jalapeno** and **salt**.



3

### Sear & Chop Tepary Patties into Ground

Drizzle skillet with **pure olive oil** & preheat to medium (375 °F). Place **Tepary Smoky Southwest 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 size while cooking 2 more min. Push **ground** to the side.



4

### Heat Tortillas, and Assemble

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

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

### Recipe Tips:

- High heat will burn NexVeg Tepary
- Most stoves 375°F is between a 4 - 6 of 10.
- Use rigid spatula/turner
- Cool Tepary patties and reheat for

### Ingredients:

#### Taco

2 Tepary Smoky Southwest patties  
6 tortilla (5" soft corn)

#### Slaw

$\frac{1}{4}$  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  
 $\frac{1}{4}$  lime, juiced  
1 garlic clove  
1 tomato, small  
1 pinch cilantro, or to taste  
jalapeno, to taste

### Grab your:

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



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