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Ingredients:

- 1 1/2 cups taco TVP
- 1 tablespoon dried onions
- 1 1/2 cups water

Brown this mixture slightly and add it to the beans, rice and corn mixture. Stir and spoon into taco shells. Fill the remainder of the shell with your favorite fresh ingredients such as shredded lettuce, diced tomato, grated cheese and sour cream.