

MEAT ANALOGUES

Canada's hunger for plant-based meat alternatives is growing and UM researchers are looking for ways to best meet the demand.

UM INNOVATIONS LEAD THE WAY

More than 40% of Canadians want to add more plant-based foods into their diets, according to the National Research Council. UM researchers like Dr. Filiz Koksel and her team are investigating how to best meet these demands and support local producers and industry by:

- Investigating various ways to create healthy plant-based, protein-rich foods that look, feel and taste like meat.
- Focusing on using Manitoba crops like cereal grains, soybeans, peas, beans and lentils to form the foundation of tasty meat analogue food products.
- Fine tuning and improving the physical, chemical and biological production processes to ensure consistent high quality food products and efficient production.

MEET THE MEAT ALTERNATIVES

- Meat analogues are food products made from plant ingredients that mimic the taste, texture and appearance of meat. They're often made from plants like soybeans, grains and pulses like peas.
- Learn more about this and other UM research shaping sustainable agriculture and food production locally and around the world at MAKEmanitoba.ca.

WHAT DOES THIS MEAN?

UM plant protein research helps consumers, local agriculture and food industries through:

Food product innovation. New methods for the food industry to create nutritious, flavourful, high quality protein-rich plant foods.

Food processing innovation. Advanced real-time quality control for product consistency during the food manufacturing process.

More protein food options. A wider selection of plant-based protein foods on grocery shelves and menus that mimic the juicy and fibrous texture of animal meat.

DID YOU KNOW...

Manitoba is the second largest producer of soybeans in Canada. Some are used for meat analogues like the one used in the tasty Taco recipe on the flip side of this sheet.

VEGETARIAN TACOS

Tacos are a great way to try plant-based proteins. This flavourful filling is easy to prepare and goes perfectly with your favourite toppings.



Under 30 mins.



Vegetarian



Manitoba grown



Reduce waste

Prep Time: 15 min Cook Time: 10 min Yield: 6 servings

INGREDIENTS

1 Tbsp canola oil
1/2 cup chopped onion
1 clove garlic, minced
340 g pre-cooked TVP*
1 tsp ground cumin
1 tsp chili powder
1/2 tsp oregano
dash cayenne pepper

Topping Ideas
sweet peppers, tomatoes, corn, cabbage, shredded carrots, avocado, lettuce, cilantro, green onions, beans, guacamole, salsa and low fat cheddar, feta or sour cream.

INSTRUCTIONS

- Heat canola oil in large pan over medium-high heat.
- Add onion and garlic and sauté until soft, 2-3 min.
- Add pre-cooked TVP and all seasonings. Stir and sauté for another 5 to 7 minutes until heated through. Add 1-2 Tbsp water if too dry. Taste and adjust seasoning.
- Place in bowl and set out with other prepared toppings and warmed tortillas so everyone can assemble their own.

* If using dried TVP, soak first. Pour 3/4 cup boiling water over 1 cup dried TVP flakes. Stir and soak for 10 minutes until TVP flakes are plump. Use in place of pre-cooked TVP.

Nutrients per serving for filling: Calories: 90kcal | Carbohydrate: 7g | Protein: 10g | Fat: 3g | Sodium: 260mg | Fibre: 4g

Nutrition information provided by Denise Aminot-Gilchrist, UM
Recipe developed by Professional Home Economist, Getty Stewart

WHAT IS TVP?

- TVP - Textured Vegetable Protein is a high fibre, high protein meat alternative made from soybeans. It is also called soy meat, TSP (textured soy protein) or soya chunks.
- Buy TVP in dry form or in pre-cooked packs with or without seasoning. Find dry TVP in bulk stores and pre-cooked packs in the produce or vegetarian aisle.
- TVP absorbs flavours easily and resembles the texture of ground meat. Use it to replace some or all ground meats in dishes like chili, Shepherd's pie, meatloaf, casseroles, soup, stews, or pasta sauce.

DID YOU KNOW...

UM researchers are looking at other Manitoba crops that can be used to create plant-based protein-rich foods. To learn more, flip the page and visit MAKEmanitoba.ca.