

Kamani' s Tofu Tacos

PREP: 10 MINS (plus soaking time) YIELD: 4 servings

2 Tbsp. Olive oil (extra-virgin)

1 Tbsp. Soy or tamari sauce*

1 tsp. Chili powder

*1 tsp. Chipotle** chili powder*

1 tsp. Ground cumin

½ tsp. Garlic powder

½ tsp. Onion powder

1 14-ounce Block (extra-firm) tofu

1 14-ounce can Black beans

½ cup Salsa

2 Tbsp. Nutritional yeast

Tortillas for serving

Taco fillings for serving: lime slices, avocado slices, chopped cilantro, salsa, shredded cheese, chopped tomatoes

Instructions:

1. Place a rack in the upper third of the oven and preheat the broiler.
2. In a large mixing bowl, whisk together 1 Tbsp. olive oil, soy sauce, and all powder seasonings.
3. Crumble tofu into small pieces in a bowl and toss together with a spatula to thoroughly combine.
4. Heat the remaining Tbsp. oil in a large, ovenproof skillet (large enough to hold the tofu and beans in one layer) over medium-high heat.
5. Add the tofu crumbles to the hot skillet and cook, stirring periodically, until the liquid has evaporated, about 5 minutes.
6. Stir in the black beans, salsa and nutritional yeast. Cook until warmed through and the liquid has evaporated, about 2-3 minutes.
7. Place the skillet in the oven, directly under the broiler, and broil until the mixture turns a golden brown. Be careful not to scorch the top.
8. Remove from the oven with thick potholders, stir, and place back under the broiler until golden brown. Remove from the oven.
9. Serve with warm tortillas, or hard-shell tacos, taco fixins and a squeeze of fresh lime juice.

10. Store leftover filling in the refrigerator, in an airtight container, for 3 days.

*Tamari is a gluten-free soy sauce. However, when purchasing tamari, always read the ingredient label if you have a gluten intolerance because some brands of tamari do contain wheat.

**Chipotle is a smoked jalapeño. A good substitute for chipotle is smoked paprika or a regular chili powder plus a few drops of liquid smoke.

Notes:

When frozen, leftover roasted (or fried) tofu (like the one in this recipe) takes on a nice, chewy texture that mimics chicken and is wonderful when stewed, either in a soup or sauce. This is a great hack for whipping up a quick weeknight meal with leftovers already in the fridge and freezer.