

# FIESTA TOFU BOWL

BY AMY WEBSTER

Servings: 4-6



## INGREDIENTS

- |                               |  |
|-------------------------------|--|
| 3 cups rice of choice         | 1 tsp onion powder                                 |
| 6 cups water                  | 1 tsp cumin  |
| 1 tsp salt                    | 1 14-oz. Block of tofu, pressed and drained, cubed |
| 6 tortillas                   | 1 15-oz. Can of black beans, rinsed and drained    |
| 4 Tbsp vegetable oil, divided | 1/2 red onion, sliced                              |
| 2 Tbsp chili sauce            | 1 red bell pepper, deseeded and sliced             |
| 2 Tbsp lime juice             | 1 avocado, sliced                                  |
| 2 cloves garlic, minced       | 1/2 cup cilantro, chopped                          |
| 1 Tbsp soy sauce              | 1 cup vegan cheese, shredded (optional)            |
| 1 Tbsp brown sugar            | 2 cups fresh spinach (optional)                    |

## DIRECTIONS:

1. Combine rice and water in a medium-large pot. Add salt and bring to a boil. Reduce heat to low, cover and let cook for 45-55 minutes. Do not stir or uncover the pot. Remove from heat and let sit for 15 minutes. Fluff rice with a fork.
2. While rice is cooking, make the rest of the bowl. Start by toasting the tortillas. Cut each tortilla into quarters. Heat 2 Tbsp of the vegetable oil in a skillet. In batches, place the tortilla fourths in the pan and fry just until lightly browned on both sides. Repeat until all tortilla fourths are toasted. Set aside.
3. Next make the sauce by combining the chili sauce, lime juice, garlic, soy sauce, brown sugar, onion powder, and cumin together in a bowl. Mix well and set aside.
4. In a large skillet, heat the remaining 2 Tbsp of vegetable oil over medium heat. Add the tofu cubes and let cook on all sides, stirring to be sure each side is lightly browned. Add black beans and mix until combined. Continue to cook for 3-5 minutes until beans are heated through. Remove from heat and pour in chili sauce mixture. Stir well to coat tofu and black beans with sauce. Allow to sit for 5 minutes while some of the sauce is absorbed.
5. Assemble bowls by starting with rice, add spinach if using, then tofu black bean mixture, topped with fresh onion, red bell pepper, avocado slices, topped with vegan cheese if using, and sprinkled with cilantro. Serve with toasted tortilla quarters. Enjoy!



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