

# Spicy Sofrito Tofu

*This recipe makes for a boldly flavored taco filling or you can use it to build a plant-powered burrito bowl with rice, beans, and your favorite toppings!*

YIELD	PREP TIME	TOTAL TIME
5 SERVINGS	15 MIN	45 MIN

## INGREDIENTS

*For the Tofu:*

14 oz	Tofu, firm or extra-firm
1 Tbsp	Olive or Canola Oil
1/8 tsp	Kosher Salt
1 each	Lime, juiced

*For the Sofrito Sauce:*

1-3 each	Chipotle Peppers in Adobo Sauce
2 Tbsp	Adobo Sauce, canned
3 cloves	Garlic
2 tsp	Cumin, ground
1 tsp	Chili Powder
1 tsp	Smoked Paprika
1/2 cup	Salsa, mild
1/2 cup	Water

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. *Prepare the tofu:* Open the package of tofu and drain the water from it. Cut the tofu into 1" thick, rectangular planks. Press the tofu until the moisture is removed, about 5-10 minutes (see chef's note).
3. *Make the sofrito sauce:* In a food processor or small blender, combine the chipotle peppers, adobo sauce, garlic, spices, salsa and water. Pulse until a smooth paste forms.
4. Heat a medium nonstick sauté pan over medium high heat. Once hot, add the oil and swirl the pan to coat. Add the tofu planks in a single layer and cook until the first side is golden brown. Flip and repeat on the second side. Once browned, use a wooden spoon or spatula to begin breaking the tofu up into crumbles.
5. Add the sofrito sauce and simmer, stirring occasionally for about 15 minutes, until the sauce deepens in color and thickens. Continue breaking up the tofu until it is in small crumbly pieces.
6. Add the salt and lime juice to the pan, stirring to combine.

## CHEF'S NOTES

Pressing the tofu removes as the liquid from the tofu and helps tofu hold its shape when it is cooked. This is usually done by placing the tofu between layers of paper towels or dishtowels on a plate, weighed down with objects such as cans of food or a pan.

Chipotle peppers are smoked and dried jalapeños that are rehydrated and canned in a tangy, spicy tomato-based purée. They can be spicy so start with less and add more depending on your heat preference.

In this recipe, the adobo sauce can be from the canned chipotle peppers or can be purchased on its own in addition to the peppers.

# Nutrition Facts

5 servings per container

**Serving Size** 1/2 cup (131 g)

**Amount per serving**

**Calories** 120

**% Daily Value \***

**Total Fat 7g** 9%

Saturated Fat 0.5g 4%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 360mg** 16%

**Total Carbohydrate 6g** 2%

Dietary Fiber 3g 12%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein 8g** 17%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.13mg 0%

Potassium 28mg 0%

\*The % Daily Value (DV) 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.

