

Spicy Sofrito Tofu Tostadas



This plant-powered meal is full of bold, smoky flavor from canned chipotle peppers balanced with a creamy avocado crema and a tangy slaw served on a crisp corn tortilla.

YIELD 6 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 45 MIN
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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

For the Tostadas & Assembly:

6 each	Corn Tortillas
As needed	Non-stick Cooking Spray
1/4 tsp	Kosher Salt
3/4 cup	Cilantro Lime Avocado Crema (see separate recipe)
1 1/2 cups	Rainbow Slaw (see separate recipe)

CHEF'S NOTES

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.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 400°F and line a sheet tray with parchment paper.
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 between two small sheet trays or plates lined with paper towels and weighed down with a large can or heavy pan, until the moisture is removed, about 5-10 minutes.
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. Add the salt and lime juice to the pan, stirring to combine.
6. Make the tostadas: Cut each tortilla in half then place on the prepared sheet tray. Spray with nonstick cooking spray and top with the ¼ tsp salt evenly. Bake for 5 minutes then flip, spray the other side and bake until crispy and lightly browned, about 5 more minutes.
7. Assemble the tostadas by topping each half tostada piece with about 1 Tbsp avocado crema, ¼ cup sofrito tofu, and ¼ cup slaw.

Nutrition Facts	
6 servings per container	
Serving size 2 tostada halves w/ 2 Tbsp crema, .25 cups of tofu & slaw (237g)	
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	19%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes <1g Added Sugars	2%
Protein 10g	20%
Vitamin D 0mcg	0%
Calcium 160mg	10%
Iron 2.2mg	10%
Potassium 400mg	8%
* 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.	

CONTAINS: MILK, SOY

