



Spicy Tofu Tacos

Ingredients:

- 2 red bell pepper
- 16 oz. extra firm tofu
- 2 tablespoons olive oil
- 1 red onion
- 2 tablespoons cilantro
- 1 tablespoon chili powder
- 1 teaspoon salt
- 9 corn tortillas
- 3 limes

Instructions:

1. Cut bell pepper into strips.
2. Cut tofu into small pieces/crumbles.
3. Heat 2 tablespoons of olive oil on medium high heat in a pan. Add bell peppers. Sauté for 3 minutes.
4. Add tofu, chili powder, and salt, and continue to sauté until lightly brown. Leave on low heat to keep warm.
5. Cut up onions and cilantro.
6. Lay out tortillas and fill with peppers and tofu. Top with onion, cilantro, and lime!

Variations:

Can add tomatoes/jalapenos for more spice or flavor.

Can make with a different source of protein such as meat.

Lentils, chickpeas, peanuts, and almonds are also good sources of protein in a vegan diet.

Prep Time: 15 minutes

Cooking Time: 15 minutes

Equipment: pan, cutting board, knife

Servings: 3 servings

Serving Size: 2 tacos



Nutrition Facts:	236	5 g	g Saturated	40g	8 g	7g
	Calories,	Fat,	Fat,	Carbohydrates,	Protein,	Fiber,
	7g	285 mg				
	Sugar,	Sodium.				

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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