



VEGAN TOFU CHORIZO

Versatile "meaty" filling that can be used in wraps, pastas, bowls, and/or salads!!

RECIPE FROM @PICKUPLIMES

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

INGREDIENTS

- 1 Tbsp (15 mL) vegetable oil
- 1 small onion, chopped
- 4 cloves garlic, minced
- ½ tsp salt
- 10 cremini mushrooms, finely chopped
- 21 firm tofu, pressed
- 1 Tbsp dried oregano
- 1 Tbsp paprika powder
- 1 tsp chili powder (optional)
- ½ tsp ground cumin
- ½ tsp ground black pepper
- 2 Tbsp apple cider vinegar
- 1 tsp sodium-reduced soy sauce

DIRECTIONS

1. Add the oil to a large pan on high heat. When hot, add the onion, garlic, and salt, and cook for 3 minutes
2. Add the mushrooms and cook until the mushrooms release their moisture and begin to brown, about 7 minutes
3. Reduce the heat to medium-high. Crumble in the tofu with your hands. Cook, stirring and scraping the bottom of the pan to avoid burning, until the tofu browns and crisps to your liking, around 15 - 20 minutes.
4. Add in the spices and continue to cook and scrape until fragrant, about 1 - 2 minutes. Lastly, add the vinegar and soy sauce, stir, and enjoy!

GOOD FOR YOU AND THE EARTH

Tofu is a "complete" plant protein source and is good source of protective antioxidants, calcium, manganese, iron, and vitamin A!



The greenhouse gas emissions of tofu are 12.5 times lower than a beef burger!!!

