

Chipotle Bowl

This tofu is a healthy spin on chipotles "sofritas" they are oil free and lower in sodium with tons of flavor.

Prep:
10 minutes

Cook:
20 minutes

Ready In:
30 minutes

Servings:
4



Spicy Tofu

1 block extra firm tofu, pressed and drained

The sauce from 1 can of adobo peppers

1 tsp chili powder

1 tsp garlic powder

1/2 tsp garlic salt

1/2 tsp ground cayenne (optional)

1 tbsp tomato paste

2 tbsp water

Bowl Ingredients

1 cup lettuce, chopped

1/2 cup black beans

1/2 cup roasted corn salsa*

1 cup cooked rice

2-3 tbsp pico de gallo or jarred salsa

1/2 avocado

1/4 of the recipe of spicy tofu

hot sauce (optional)

Instructions

1 Preheat oven to 400 degrees. Chop your tofu into small cubes or use your hands to crumble it.

2 In a large bowl add in the sauce from 1 can on peppers in adobo sauce (about 4tbsp). Add in the rest of your spicy tofu ingredients and whisk together. Add in the tofu and mix until completely coated in sauce and let marinate about 15 minutes (you can also do this the night before and marinate overnight).

3 Once tofu is marinated spread onto a nonstick baking pan and place in the oven for 20 minutes.

4 When the tofu is done arrange your bowl. Add in your lettuce, black beans, roasted corn salsa, avocado, pico, rice and hot sauce. You can also add vegan cheese sauce to this or cashew sour cream/ hummus. ENJOY!

5 *** If you want this to be flavorful but not spicy, skip the adobo sauce and cayenne and just use the tomato sauce and spices for flavoring.

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