



TOFU TACO CRUMBLES

RECIPE MAKES 4 servings
SERVING SIZE = ½ cup

NUTRITION INFORMATION

Calories: 160

Total Fat: 9 g

Saturated Fat: 1.2 g

Cholesterol: 0 mg

Sodium: 346mg

Total Carbohydrate: 6 g

Fiber: 2 g

Sugars: 2 g

Protein: 12.4 g

Marion County Public Health Department

NUTRITION SERVICES



TOFU TACO CRUMBLES

These taco crumbles are flavorful and perfectly spiced. Layer them on a taco, burrito or nachos as the ultimate plant-based meat substitute for taco Tuesday!

INGREDIENTS

- 1 tablespoon canola or vegetable oil
- 1 tablespoon light-sodium soy sauce
- ½ tablespoon chili powder
- 1 teaspoon smoked paprika
- ½ teaspoon cumin
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon cayenne pepper
- 1 block extra firm OR super firm tofu (drained and slightly
¾ cup – 1 ¾ cup salsa (depending on texture desired)

DIRECTIONS

Preheat your oven to 350F (180C). Line with parchment paper or lightly grease a large baking sheet.

Mix the oil, soy sauce, and all the spices in a large bowl. It will make a brown paste-like texture.

Crumble the block of tofu with your fingers into the bowl with the seasoning. Mix the tofu crumbles with the seasoning making sure all of the tofu is evenly coated. Spread the tofu crumbles evenly over the pan. Bake for 30 to 35 minutes, stopping to stir the tofu every now and then. Keep a close eye on it towards the end so that it doesn't burn. You want the tofu to be nice and browned. The smaller crumbles will be darker than the larger crumbles, and that's ok because it will provide a variety of texture.

Remove the tofu crumbles from the oven and add to a pan with the ¾ cup salsa. You may need more salsa depending on how watery the salsa is and how wet you would like your tofu crumbles to be, add more salsa to taste. Heat through and serve hot on taco shells with desired toppings or in a burrito.

RECIPE NOTES

The Talk on Tofu: Tofu is a nutritious, plant-based source of protein that is made by hydrating soybeans and creating a curd from the soymilk. Tofu is cholesterol free, a good source of calcium, and is low in saturated fat. The sky is the limit for tofu in terms of flavor; it takes up the flavor of whatever it is cooked with! Lastly, if you're looking for ways to save money on groceries, tofu is one of the cheapest sources of protein, typically costing less than \$4.00 per pound!

If you would like to speak to a dietitian or are interested in nutrition programming, call: 317-221-7512 or 317-221-7403.