



Spider Demo Kitchen

Taco Spiced Tofu

yield: 4 Servings



Ingredients:

1 (14 oz) block	Firm or extra firm tofu
1/4 cup	Extra virgin olive oil
2 each	Garlic cloves, smashed
2-3 TBSP	Low sodium taco seasoning
1 TBSP	Tomato paste
1 cup	Water
2 tsp	Hot sauce (optional)
	Kosher salt

Instructions:

1. Firmly squeeze tofu block between paper towels to expel as much excess water as possible. Crumble into 1-2 inch pieces.
2. In a large non stick skillet over medium high heat, add olive oil. Once hot, add tofu, season with salt and cook stirring occasionally until golden brown and crisp around the edges about 5-7 minutes.
3. Break up tofu into smaller pieces, about 1/2-1 inch. Add garlic cloves and cook until tofu is crisp all over, another 3 minutes.
4. Reduce heat to medium. Add taco seasoning and tomato paste, cook for another minute until it darkens in color. Add water, and hot sauce if using, bring to a simmer and cook until sauce thickens about 5-7 minutes.
5. Serve over burrito bowls, on tacos, or nacho chips.

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