



## TOFU TINGA

### MATERIALS:

- Measuring spoons
- Measuring cups
- Sharp knife
- Cutting board
- Skillet (1 or 2)

### INGREDIENTS:

- 8-10 corn tortillas OR 4 whole wheat tortillas
- 2 hot peppers, like jalapeno or chipotle
- 1 (10.5oz) can tomato soup
- 1/2 tsp salt
- 1 (14oz) block of extra-firm tofu
- 3 garlic cloves, chopped
- 2 tbsp oil
- 1 tsp cumin
- 1 cup onion, diced
- 1 tsp dried oregano
- 2 avocados, sliced (optional)
- Fresh cilantro (optional)
- 4 tbsp low fat plain yogurt (optional)

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## DIRECTIONS:

1. Over medium heat, add 1 tbsp oil to a skillet and add the onion, sauté for 5 minutes or until soft. Add garlic, peppers, oregano, cumin, and tomato soup and cook for another 5 minutes, stirring often.
2. In a clean skillet, heat 1 tbsp oil over medium heat. Slice the tofu into small 1x1 inch squares, or crumble into small pieces for a chorizo substitute. Cook until golden brown. If you decided to square your tofu, flip the pieces half way through.
3. Add the sauce and cook for another 5-8 minutes until the sauce is thickened and heated through.
4. Add this mixture to your tortillas and add optional toppings such as avocado, yogurt, and cilantro!
5. Sub out Tofu for chicken breast or turkey breast.

## Chef's Notes:

- Great for family dinner
- Good source of protein
- Try swapping out the protein
- Add different veggies to fit taste