

EASY TOFU TACO BOWL

Serves 4

Ingredients

- 1 packet of reduced-sodium **taco seasoning**, or try our homemade taco seasoning
- 1/4 cup **lime juice** or water
- 1 tablespoon **olive oil**
- 1 block (14 ounces) **extra-firm tofu**
- 1 medium **onion**, sliced into strips
- 1 **bell pepper** (color of choice), sliced into strips
- 1 can (14 ounces) of **black beans**, drained and rinsed
- 3/4 cup of your favorite **salsa**
- 2 cups cooked **brown rice**
- 4 cups **mixed lettuce** greens
- **Optional toppings:** avocado, cheese, jalapeños, tomatoes,* salsa, corn, plain Greek yogurt

**If serving children younger than 4 years of age, cut grape or cherry tomatoes in quarters to reduce choking risk.*

Nutrition Facts*

1 serving, optional toppings not included

Calories: 390

Protein: 23 grams

Total Carbohydrates: 53 grams

Dietary Fiber: 12 grams

Total Fat: 11 grams

**Nutrition facts are an estimate and vary based on serving size.*



STRONG⁴LIFE

Children's
Healthcare of Atlanta

Directions

- 1 In a large bowl, whisk together taco seasoning, lime juice or water, and olive oil.
- 2 Press out the water from the tofu and cut into bite-sized cubes.
- 3 Add tofu, onions and peppers to taco seasoning mixture. Stir until coated. Let the mixture sit in the refrigerator for 30 minutes or overnight. The longer you let it sit, the more time the tofu will have to absorb the flavors.
- 4 Preheat oven to 400°F.
- 5 Arrange seasoned tofu, onions and peppers on a baking sheet lined with parchment paper. Bake for 20 to 25 minutes.
- 6 In a separate bowl, combine the black beans and salsa. Place in the microwave** and cook for 30-second intervals, stirring in between, until warm.
- 7 Remove tofu, onions, and peppers from the oven.
- 8 Build your taco bowl: 1/2 cup warmed rice, 1/2 cup warmed bean mixture, 1/2 cup tofu mixture, 1 cup lettuce greens and any additional toppings of choice.

*** You can also warm the beans and salsa on the stovetop instead of in a microwave. Add 1/2 to 3/4 cup water to account for evaporation.*



Try making our homemade taco seasoning instead of using a packet. **Scan or click the QR code for the recipe.**