



Tofu Rancheros

4 servings

30 minutes

Ingredients

- 1/4 cup Water (divided)
- 1 Yellow Onion (chopped)
- 1 Green Capsicum (chopped)
- 1 Jalapeno Pepper (seeds removed, finely chopped)
- 2 Tomato (medium, chopped)
- 1 tsp Sea Salt (divided)
- 340 grams Tofu (extra firm, drained, crumbled)
- 1 tbsp Nutritional Yeast
- 1 tsp Turmeric
- 8 leaves Romaine Lettuce
- 1/2 cup Corriander (for garnish)

Nutrition

Amount per serving	
Calories	115
Fat	5g
Saturated	1g
Carbs	10g
Sugar	4g
Protein	11g
Cholesterol	0mg
Sodium	627mg

Directions

- 1 To make the salsa fresca, heat half of the water in a large pan over medium heat. Add the onion, green pepper and jalapeno pepper. Sauté for 5 minutes or until the onion is translucent.
- 2 Add in the tomatoes and season with half the salt. Cook for 10 to 15 minutes, or until the mixture thickens. Transfer to a bowl.
- 3 Using the same pan, add the remaining water, crumbled tofu, nutritional yeast, turmeric and remaining salt. Cook until the tofu is warmed through.
- 4 Divide the tofu, salsa fresca and romaine lettuce leaves onto plates. Garnish with coriander and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to seven days.

Serving Size, Each serving equals approximately 1/3 cup of tofu, 3/4 cup of salsa fresca and two romaine leaves.

Additional Toppings, Add avocado, guacamole, refried beans and/or rice (additional calories will apply)

More Flavour, Cook with oil instead of water - Additional calories will apply