

Tofu & Black Bean Tacos

10 ingredients · 25 minutes · 2 servings



Directions

1. In a large mixing bowl, whisk together half of the oil, tamari, and taco seasoning.
2. Add the tofu into the bowl, mix to coat.
3. Heat the remaining oil in a large skillet over medium-high heat. Add the tofu mixture and cook for five to seven minutes or until dry and the moisture has evaporated.
4. Add the beans, salsa, and nutritional yeast. Cook for about two minutes or until warmed through, and the salsa liquid has cooked off.
5. Spread the guacamole over warm tortillas. Top with the tofu mixture and cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is two tacos.

Additional Toppings

Tomatoes, jalapeños, your favorite cheese, sour cream, and/or shredded cabbage.

Ingredients

- 1 **tbps** Extra Virgin Olive Oil (divided)
- 1 **1/2 tsps** Tamari
- 2 **tsps** Taco Seasoning
- 6 **ozs** Tofu (crumbled)
- 1 **cup** Black Beans (cooked)
- 1/2 **cup** Salsa
- 1 **tbps** Nutritional Yeast
- 1/4 **cup** Guacamole
- 4 Corn Tortilla (warmed)
- 1/4 **cup** Cilantro (finely chopped)

