



TOFU CHORIZO

Yield: 4 servings

INGREDIENTS

- 2 tablespoons neutral oil
- ½ yellow onion, finely chopped
- 1 clove garlic, minced
- 2 blocks firm tofu, pressed and crumbled
- 1 tablespoon chili powder
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- ⅛ teaspoon cinnamon
- 1 teaspoon cider vinegar
- 1 tablespoon chipotle in adobo, minced
- Salt and pepper, to taste

INSTRUCTIONS

- 01** Heat oil in a skillet over medium high heat. Add the garlic and onion. Saute for 5 minutes, until vegetables begin to soften.
- 02** Add tofu and saute an additional 10 minutes, until tofu begins to brown and crisp. Be sure to stir often so that the tofu doesn't stick.
- 03** Add remaining ingredients and cook for an additional 5-7 minutes, until tofu is fragrant. Taste and adjust seasoning as needed. Serve as your favorite taco filling, over rice or as any meat replacement.



MARKET SHOPPING LIST



TOFU

- Phoenix Bean



ONION

- Iron Creek Organic Farm
- Nichols Farm & Orchard



APPLE CIDER VINEGAR

- Seedling Farms