

# TACO TOFU RICE BOWL

YIELD: 100 8 oz. RICE BOWLS

Chef Sam Icklan

This is a perfect example of using our tofu crumble recipe and turning it into a topping for a taco seasoned meat alternate rice bowl. This is also a great introduction to using tofu and how to remove the excess water so the texture stays firm and reminiscent of ground beef or turkey. This recipe also lets you get creative with what to serve as a side. Think of things like roasted vegetables, corn, pico de gallo, cheese, sour cream, or our pickled red onions.

## INGREDIENTS

- 2 gallons brown rice
- 13 ¾ pounds extra firm tofu
- 2 teaspoons salt
- ½ cup vegetable oil
- ½ cup chili powder
- ¼ cup ground cumin
- ¼ cup ground coriander
- ¼ cup onion powder
- ¼ cup dried oregano
- ½ cup chopped garlic
- 4 cups chunky salsa

## DIRECTIONS

1. Cook rice per package instructions
1. Two days before cooking, prepare tofu by draining water from package, and pressing out excess water. Wrap tofu and freeze tofu overnight. The next day, allow tofu to thaw completely and press out excess water. Tofu should be quite dry at this point. Crumble tofu into fine pieces, similar to ground beef. Season with salt.
1. Heat a non-stick skillet over medium-high heat and add oil. Heat oil until it begins to shimmer and add tofu. Allow to cook until beginning to brown and add all seasoning and salsa. Cook until seasoning is fragrant and tofu is fully heated through, about 10 -15 minutes.
1. Serve 1/2 cup tofu over 1/2 cup brown rice. Top with desired toppings.

## RECIPE NOTES - TACO TOFU RICE BOWL

Recipe credits as 2 oz. M/MA and 1 oz. grain equivalent

Nutritional information per serving\*: 296 calories; 0.8g sat. fat; 131 mg sodium; 49.5 g carbohydrate

*\* nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*