



Quarantine Taco Bowls

Feeds 4

1 block of tofu	¼ of a Green Cabbage (shredded) or 1 bag coleslaw mix
Oil of choice (I prefer Avocado Oil)	1 lime
1 tsp cumin	2 cloves of garlic (sliced thinly)
1 tsp coriander	1 can of beans – any kind works
1 tsp paprika	1 cup uncooked quinoa – cooked to package specifications
2 tsp chili powder	½ medium onion - sliced
2 tbsp soy sauce, tamari or coconut aminos	

Wrap tofu in a clean kitchen towel and press it between two pans, or anything heavy enough to press the water out, for 30 minutes. Crumble into large pieces. In a bowl, mix the spices, soy sauce or tamari, and olive oil. Add the crumbled tofu and let marinate for at least half an hour.

Squeeze half a lime and a sprinkle of salt over the cabbage. Toss to coat and let sit while you cook. Cut the rest of the lime into wedges for serving.

In a saucepan, heat up your beans. Cook the quinoa to package instructions. In a large pan, heat up 1 tbsp of oil and add the onions. Cook over medium until softened. Add the garlic and cook until fragrant. Add the tofu and marinade. Cook for about 5 minutes – you want the liquid to evaporate and the tofu to be heated through. Taste and add salt and pepper to taste.

Assemble the bowls with a scoop of quinoa, beans, tofu and a handful of cabbage. Finish with your favorite taco toppings such as: sliced jalapenos, avocado, cilantro or salsa. Enjoy!

It isn't easy to get to the grocery store right now, so there are many things you can substitute in this recipe. Any type of grain, or even cauliflower rice, works in place of the quinoa. You can use any kind of bean or lentil. Ground turkey or beef can be substituted for the tofu. No cabbage? Use lettuce! Add some leftover roasted vegetables instead of the grains to keep it lower carb. This is a very customizable recipe that can utilize pantry items that you have on hand, and produce that doesn't turn rancid quickly.