

Vegan Taco Bowl

Yield: 1 large bowl, 2 servings

Ingredients:

For Spice Mixture

- 1 teaspoon each of the following:
- Cumin
- Coriander
- Smoked Paprika
- Dried Oregano
- Chili Powder (can add more for additional heat, to taste)
- Onion Powder
- Sea Salt
- Plus a pinch of freshly-ground black pepper to taste

For Bowl

- 8 oz high protein tofu, pressed & cut into 1-inch cubes
- ½ cup frozen corn
- 3-4 shitake mushrooms, sliced into strips
- 1 cup white rice, precooked
- 1 cup frozen cauliflower rice
- Juice of 1 lime
- 3 TBSP fresh cilantro, chopped
- 1 cup black beans (I prefer precooked packaged Cuban beans), drained
- ¼ cup cherry tomatoes, sliced
- ¼ cup baby bell peppers, sliced
- ½ Large ripe avocado, sliced
- ¼ cup Vegan cheddar cheese shreds
- 2-3 TBSP Coconut Yogurt
- 2-3 TBSP Bitchin' Sauce, Chipotle flavor (+ approx. 1 tsp water)
- Additional cilantro for garnish (optional)
- 5 TBSP olive oil, divided
- 1 TBSP coconut oil
- Salt & pepper to taste

Method:

1. Preheat oven to 400, line baking sheet with parchment paper
2. Toss cubed tofu in a bowl with 2 TBSP olive oil and half of the spice mixture until evenly coated. Place cubes on baking sheet in a single layer and bake at 400 for 15-20 mins until crispy.
3. While tofu cooks, heat 2 TBSP olive oil in a medium-sized saute pan over medium-high heat and add frozen cauliflower rice. Cook for 3-5 mins until heated through. Add lime juice, chopped cilantro and precooked white rice to pan – stir and add salt to taste. Reduce heat to low and allow to keep warm while you prepare the other ingredients.
4. Heat drained black beans in a small saucepan over low heat, keep warm while you continue to prepare the remaining ingredients
5. Toss sliced mushrooms in a medium bowl with 1 TBSP olive oil and remaining half of spice mixture until evenly coated. Heat coconut oil in a medium-sized saute pan over high heat. Once hot, add mushrooms to pan in a single layer and allow to sear for 2-3 mins without moving them. Once mushrooms begin to release their juices, you can give them a quick toss and then add the frozen corn to the pan. Stir together and cook until heated through and corn just begins to char. Remove from heat.
6. Lastly, thin out the Bitchin' Sauce to make it easier to drizzle by mixing 2-3 TBSP Chipotle flavored Bitchin' Sauce with approx. 1 tsp water – it will break at first, but continue stirring until it comes together.
7. Compile your bowl: Place the Cilantro-Lime 50/50 Cauliflower Rice, Black Beans, Roasted Tofu and Sautéed Mushrooms with Corn in the bottom of your bowl as the base, then top with fresh cherry tomatoes, bell peppers, avocado slices, vegan cheddar shreds, a dollop of coconut yogurt, and a drizzle of Bitchin' Sauce. Season with salt & pepper to taste. Add additional cilantro for garnish if desired and enjoy!