

Black Bean Tofu Hash – AH

Tofu is a blank canvas: It takes on the flavor of your favorite seasoning. If you've never been a tofu enthusiast, give it another try. I am NOT a tofu enthusiast, but in this recipe it's great. With the right blend of seasonings, they keep telling me I'll be surprised at how versatile and delicious this high-protein plant food can be, and with this recipe it's certainly true.

Prep Time: 3 minutes Total Time: 10 minutes Yield: 4 servings (about 6 cups)

1 tbsp EVOO
1 clove garlic, minced
14-16 oz extra firm tofu, drained, gently pressed
with with an absorbent towel

1 tbsp chili powder
½ tsp ground cumin,
Dash of Cayenne pepper, or more to taste
1 tsp salt
¼ tsp ground black pepper

2 tbsp water
1 ¾ cups cooked black beans, drained (about 1 15 oz can)

½ cup chopped fresh cilantro

Heat the oil in a large skillet over medium heat. Add the garlic. Crumble in the tofu and sprinkle with the chili powder, cumin, cayenne, salt, and pepper. Sauté for 2-3 minutes. Add the water, stirring to allow the tofu to absorb the seasonings and water. Stir in the black beans and sauté for 2-3 minutes more. Add the cilantro and adjust the seasoning to taste.

Serve with sliced avocado, sour cream, salsa, Ranchero Sauce or your favorite sauce.

Tip: This is also great served in a lettuce wrap, in a Taco Salad, or with cheese as filling in a Quesadilla.

