

Tofu Sofritas Bowls

Swick

Serves 4 | Active Time: 45 minutes | Total Time: 1 hour 15 minutes

Step 1: Preparing Your Mise en Place

- 1 1/2 cup diced onion
- 2 poblano or green peppers, diced
- 16 ounces extra firm tofu
- 2 cups cooked pinto beans (1-15 oz can, drained and rinsed)
- 2 cups Enchilada Sauce*
- 1 tbsp chipotle purée, or to taste*

If using poblano peppers, instead of green peppers, first char the poblano over a flame. Once the outside has totally blistered and turned black, place into a bowl, cover with plastic wrap and let steam. Once cool enough to handle, peel and dice.

For the tofu, slice into 6 or 8 pieces. Heat a non-stick fry-pan over medium-high heat and dry-sauté the tofu until golden and crispy. Once the tofu is cool enough to handle, break it up into bite-sized pieces.

Note: If you do not want to make or you do not have any leftover Enchilada Sauce, you could always use salsa instead; however, the enchilada sauce will give the dish more depth of flavor.

For the chipotle, simply purée some canned chipotle in adobo sauce.

And lastly, if you are serving this with rice, put the rice one now.

Step 2: Cooking the Dish

To cook the dish, heat a large frypan over medium heat. Once hot, add the onions and dry-sauté, until it they become soft and start to brown. If using green peppers, add them just after the onions. If using roasted poblanos, add them later, with the beans.

Next, add the tofu and scramble for a minute or two. breaking up any bigger pieces that remain. Add the enchilada sauce and pinto beans (and poblano peppers, if using). Simmer for 15-20 minutes. If the mixture looks a bit too thick, add water as necessary.

Step 3: Serving the Dish

- 4 cups cooked long grain white rice* Note: This dish can be also be served with brown rice; however, the contrast of the white rice in both color and flavor is very nice with the tofu.
- 1 cup fresh cilantro, roughly chopped
- 1 fresh lime, juiced
- 2 cups Guacamole
- 4 cups baby spinach, optional
- tortilla chips or corn tortillas
- 1 cup Salsa Verde*

Once the rice has cooked, add the cilantro and lime juice, mix to combine. Taste for seasoning.

To serve the dish, spoon some of the cilantro-lime rice into a bowl. Top with some of the sofritas mixture and a big scoop of Guacamole.

This dish is also very good with fresh baby spinach. If using spinach, add it just before the sofritas mixture. The hot tofu will help to wilt the spinach, but not overcook it.

Serve the dish with additional lime wedges and tortilla chips. This dish also goes very nicely with fried corn, Pickled Onions and Salsa Verde.

Note: For the Salsa Verde, feel free to omit the avocados from the recipe if already serving the sofritas with Guacamole.

Chef's Notes

The inspiration for this dish came from Pinch of Yum and the Tofu Sofritas from Chipotle's restaurant.

For tortilla chips, we particularly like the Late July Sea Salt by the Seashore Multigrain chips.