



BBQ Tofu Tacos (Vegan and Gluten Free)

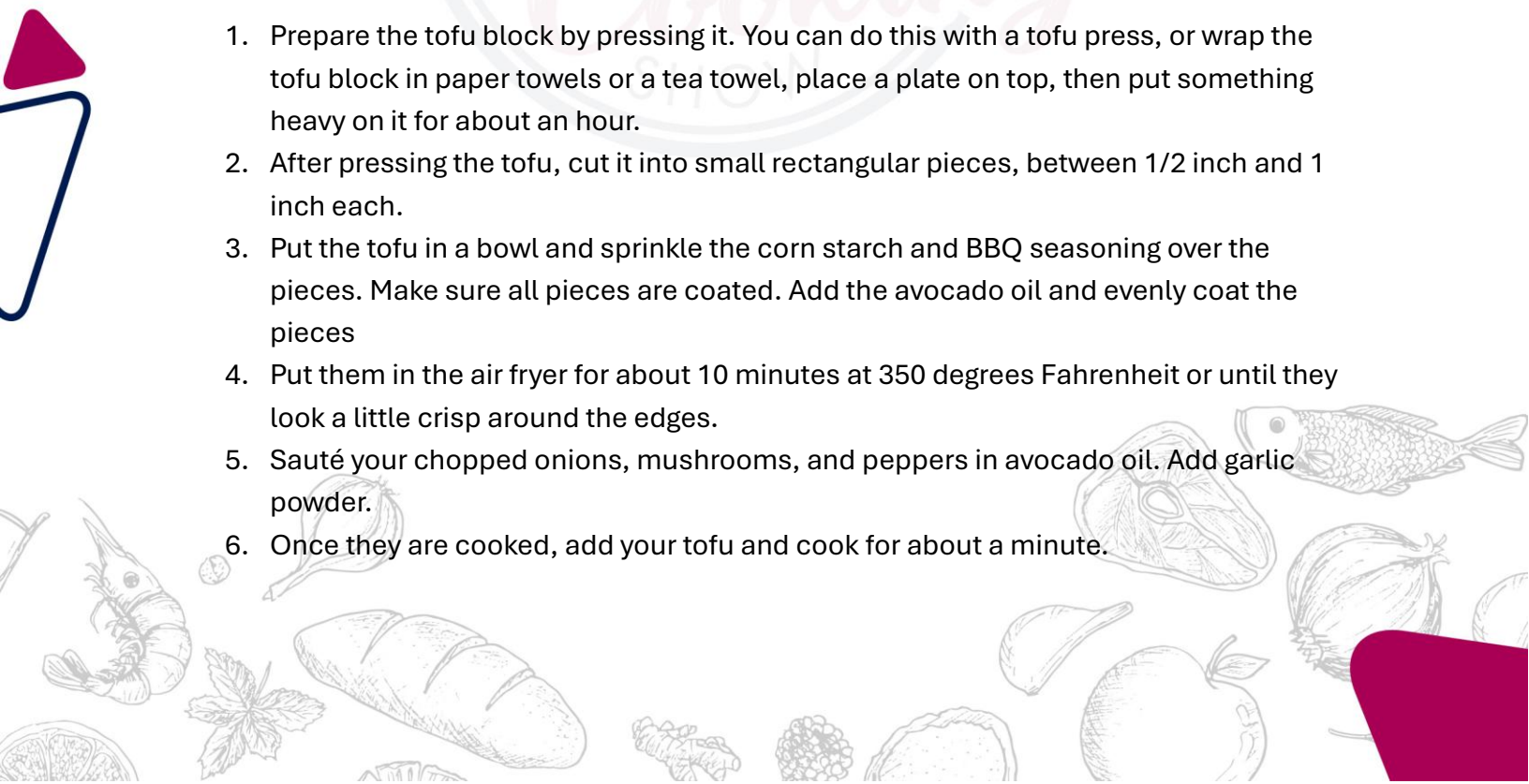
PREP: 20 min

INGREDIENT LIST:

- 1 package firm or extra firm tofu
- 1 cup medium chopped red bell pepper or another pepper of your choice
- 1/4 cup chopped red onion
- 1 cup chopped Portabella mushrooms
- 1/2 cup your favorite BBQ sauce (can use more or less to taste)
- 1 Tbsp. BBQ seasoning/rub (I like Trader Joe's or Lillie's Q Carolina Dirt BBQ Rub)
- 1 Tbsp. avocado oil
- 1 Tbsp. corn starch
- 1 package small corn tortillas (can use flour if you prefer)
- 1/8 cup chopped cilantro (optional)
- 1/8 cup your favorite slaw (optional)
- A pinch of garlic powder

RECIPE INSTRUCTIONS:

1. Prepare the tofu block by pressing it. You can do this with a tofu press, or wrap the tofu block in paper towels or a tea towel, place a plate on top, then put something heavy on it for about an hour.
2. After pressing the tofu, cut it into small rectangular pieces, between 1/2 inch and 1 inch each.
3. Put the tofu in a bowl and sprinkle the corn starch and BBQ seasoning over the pieces. Make sure all pieces are coated. Add the avocado oil and evenly coat the pieces
4. Put them in the air fryer for about 10 minutes at 350 degrees Fahrenheit or until they look a little crisp around the edges.
5. Sauté your chopped onions, mushrooms, and peppers in avocado oil. Add garlic powder.
6. Once they are cooked, add your tofu and cook for about a minute.





7. Add your favorite BBQ sauce (add as much or a little as you like) and turn the burner on low so it doesn't burn. Make sure all pieces are evenly coated.
8. Warm the corn tortillas. Put the BBQ mixture inside. Put slaw on top (optional) and add cilantro (optional).
9. Serve them alone or add roasted veggies or a side salad

