

# Maine Arts Camp

Recipe: Vegetarian Tacos

Chef: Charlie Limoggio CEC

Servings: 6

Quantity	Unit	Ingredient	Prep Notes
1	Pound	Firm tofu**	Crumbled
2	Tablespoons	Vegetable oil	
1	Package	Taco seasoning	Lo-sodium
½	Cup	Water	
6	Soft	Corn tortillas	Taco shells can also be used
1	Can	Vegetarian refried beans	Heated
		Chopped tomatoes	For service
		Chopped lettuce	For service
		Chopped scallions	For service
		Salsa	For service

1. In a large saucepan, place the tofu chunks in the oil. Crumble the tofu chunks with the back of a fork, then cook the tofu over medium heat for about 10 minutes. Add the taco seasoning and water to the saucepan; cook until the sauce is thick and the tofu is completely coated.

2. To serve, spread each tortilla with a generous layer of the refried beans. Add several heaping spoonfuls of tofu. Sprinkle with chopped tomatoes, lettuce, and scallions. Top with salsa.

\*\* Tempeh or textured Vegetable Protein can also be used

**Please note: Volume and weight are not interchangeable. If the recipes calls for ounces, the ingredient is to be weighed. If it says fluid ounces, then it is by volume and is to be measured in cups, ½ cups etc.**