



## Plant-Based Tacos

### Taco filling ingredients:

1 pkg. medium or firm tofu  
1 tablespoon olive oil  
1 tablespoon Tamari or soy sauce  
3 tablespoons tomato paste  
1 tablespoon maple syrup  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 teaspoon smoked paprika  
2 teaspoons chili powder  
Soft tortillas or burrito wraps  
Rice, cooked

1 onion, sliced  
1 bell pepper, sliced  
1 cup mushrooms, sliced  
1 small cabbage, thinly sliced  
1 sweet potato, cubed  
Cilantro leaves

### Cashew cream ingredients:

1/2 cup cashews  
Juice from 1/2 lemon  
2 teaspoons cider vinegar  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
Dash of salt

### To prepare the taco filling:

1. Preheat the oven to 350 degrees.
2. Press the tofu in a press or wrapped in a towel and weighted down with a heavy pan or books for 20 minutes.
3. In a bowl, combine oil, Tamari, tomato paste, maple syrup, and spices. Stir to combine.
4. Crumble pressed tofu into the bowl with the paste. Stir until combined. Spread out on a sheet tray lined with parchment paper or a silicone mat. Bake for 30 minutes, stirring midway through.
5. Using 1 tablespoon of water, sauté onion, pepper, and mushrooms.
6. Steam cubed sweet potatoes until tender.

### To prepare the cashew cream:

1. Place cashews in a high speed blender, such as a Vitamix. Add water to cover. Add lemon juice, vinegar, and spices, and blend on high for 1 minute. The cream will thicken as it chills. Loosen with additional water if needed.

### Assemble the tacos:

1. Warm tortillas or wraps for a few seconds in a microwave. Add rice, baked tofu crumbles, and vegetables. Top with cashew cream and cilantro leaves. (Optional: Add other toppings, such as guacamole or salsa.)

*Recipe by Dr. Brian Asbill of Ruckus Health.*