

# Tofu Taco Bowls

Yield: 8 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-tofu-taco-recipe>

## Ingredients:

- 1 package tortilla bowls OLD EL PASO
- 1 package Old El Paso™ taco seasoning mix
- 1 jar salsa OLD EL PASO, your choice
- 700 grams extra firm tofu crumbled into small bite-sized pieces
- 3 tablespoons olive oil
- 2 tomatoes diced
- 1 head iceberg lettuce shredded
- 1/2 red onion diced
- 1 can black beans drained and rinsed
- 1 can corn drained
- 1 avocado diced
- 2 cups cheddar cheese grated
- 1 cup sour cream
- 2 limes
- green onion sliced

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 45 milligrams
4. Fat: 32 grams
5. Fiber: 11 grams
6. Protein: 28 grams
7. SaturatedFat: 11 grams
8. Sodium: 840 milligrams
9. Sugar: 7 grams

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