

# Mexican-Inspired Tofu Tacos with Chili-Lime Slaw

Yield: 11 min  
Total Time: 60 min

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

## Ingredients:

- 10 ounces tofu Sprouted, pressed and drained for at least 20 minutes, see note\*
- 1 tablespoon coconut oil unrefined, virgin
- 1 cup purple onion large dice, about 1/2 a medium onion
- 3/4 cup green bell pepper large dice, about 1/2 a medium pepper
- 1 tablespoon cumin ground
- 1 tablespoon chili powder
- 1/2 teaspoon paprika Smokey
- 1 tablespoon flour Masa Harina, or sub 2 tbs. ground tortilla chips
- 3/4 teaspoon fine sea salt
- 2 teaspoons adobo sauce from a can of chipotle chilis in adobo sauce
- 3/4 cup tomatoes with juice Fire Roasted
- 1 cup vegetable broth
- 3 cups green cabbage Shredded Mix of Red and, loosely packed
- 1 tablespoon jalapeño Seeded, minced, take this up if you like spicy!
- 1/2 cup cilantro rough chopped
- 2 limes juice of
- 1/2 teaspoon fine sea salt
- crema chili-lime pepita
- tortillas warm, and cilantro

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 11 grams
3. Fat: 4 grams
4. Fiber: 2 grams
5. Protein: 4 grams
6. SaturatedFat: 2 grams

7. Sodium: 620 milligrams

8. Sugar: 2 grams

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