

Vegan Chilaquiles

WHAT YOU NEED

4 tablespoons oil

1 c. onion, diced

5 cloves garlic, minced

1 c. gluten stakes

1 package tofu, firm, crumbled

½ small, diced jalapeno (optional)

12 corn tortillas, torn into medium size pcs

1 bunch green onions, diced

1 ½ c. tomatoes, diced or commercial salsa

¼ c. fresh cilantro, chopped

INSTRUCTIONS

1. Heat 1 tablespoon oil in large skillet over medium fire. Add onions and garlic, cook until tender about 2 minutes. Add meat substitute, tofu and jalapeno; cook 3 minutes, stirring occasionally
2. Heat remaining 3 tablespoon oil in a large skillet over medium heat
3. Drop torn tortillas into the hot oil; cook about 4 minutes stirring over to cook evenly
4. When tortillas are slightly browned and crispy, add reserved tofu mixture, tomatoes and cilantro; mix well. Serve immediately.

Source: Give Them Something Better, by Sarah Frain and Stephanie Howard