

Veggie Tacos

Ingredients

1 pound tofu, drained and crumbled
2 tablespoons vegetable oil
1 package taco seasoning
1/2 (one-half) cup water
6 corn tortillas, warmed
1 can vegetarian refried beans, heated
Chopped tomatoes, lettuce and green onions

Method

In a large saucepan, heat oil over medium heat and add tofu pieces. Cook about five minutes. Add taco seasoning and water to saucepan and cook until sauce is thick. To serve, spread each tortilla with a generous layer of beans. Add heaping spoonful of cooked tofu. Sprinkle with chopped tomatoes, lettuce, and scallions. Fold in half and top with salsa if desired. Yields six tacos.