

Vegan Spicy Jalapeno Tofu Bowls

Barbacoa inspired marinated baked tofu served over rice with an incredible cilantro vinaigrette.

Prep Time
15 mins

Cook Time
30 mins

Total Time
45 mins



5 from 3 votes

Course: Main Course Servings: 4 Calories: 365kcal

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Ingredients

For The Tofu

- 1 Block(15oz.) Extra firm tofu, drained and pressed*
- 4 Cloves Garlic, chopped
- 1 Jalapeno, de-seeded and chopped fine
- 1/2 a Sweet onion, diced
- 1/2 Cup Vegetable broth
- 2 Tablespoons Apple cider vinegar
- 1/4 Cup Lime juice
- 2 teaspoons Chipotle hot sauce
- 1 teaspoon Cumin
- 1 teaspoon Oregano
- 1 teaspoon Salt
- 1/4 teaspoon Black pepper

For The Cilantro Vinaigrette

- 1 Shallot, chopped
- 2 Cloves Garlic
- 1 Tablespoon Apple cider vinegar
- 1 Tablespoon Lime juice
- 2 Cups Cilantro
- 1 teaspoon Salt
- 1/4 teaspoon Black pepper
- 1/2 Cup Olive oil

For The Bowls

- Rice for serving
- Veggies for serving, I used corn and radishes

Instructions

1. Preheat the oven to 425 degrees(F.)
2. After you have drained and pressed the tofu, break the block of tofu up into chunks. Set aside.

3. Now, in a large mixing bowl, combine the garlic, jalapeno, onion, broth, vinegar, lime juice, chipotle sauce, cumin, oregano, salt and pepper. Whisk to combine.
4. Add the chunks of tofu to the bowl and toss to combine. Let the tofu sit in the marinade for about 15 minutes.
5. Pour the tofu, marinade and all on to a large sheet pan lined with a silicone mat or parchment paper. Spread out evenly.
6. Bake for 15 minutes, toss the tofu and bake for another 15 minutes or until the tofu is firm and brown.
7. While the tofu bakes, make the cilantro vinaigrette. Add all the vinaigrette ingredients to a blender. Blend until smooth. It may take minute. Scrap down the sides of the blender as needed.
8. Once the tofu is done, serve a bowl of rice with tofu on top, drizzled with the cilantro vinaigrette and veggies of desired.

Notes

*If you need more information on pressing tofu, check out my **TOFU COOKING GUIDE!**

Nutrition

Calories: 365kcal | Carbohydrates: 6g | Protein: 11g | Fat: 27g | Saturated Fat: 4g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 20g | Sodium: 1288mg | Potassium: 139mg | Fiber: 1g | Sugar: 1g | Vitamin A: 666IU | Vitamin C: 14mg | Calcium: 35mg | Iron: 1mg