



## Black Bean Tofu Hash

**Servings:** 4 (about 6 cups)

1 tablespoon extra-virgin olive oil  
1 clove garlic, minced  
14 to 16 ounces extra-firm tofu, drained, gently pressed with an absorbent towel  
1 small yellow onion, diced  
1 red pepper, seeds removed and thinly sliced  
1 tablespoon chili powder  
1 teaspoon ground cumin  
Dash of cayenne pepper, or more to taste  
1 teaspoon salt  
1/4 teaspoon ground black pepper  
2-3 tablespoons water  
1 3/4 cups cooked black beans, drained (one 15 ounce can)  
1/2 cup chopped fresh cilantro

### **Directions:**

Heat the oil in a large skillet over medium heat. Add the onions and cook for 2-3 minutes. Once onions start to soften, add garlic and peppers, cubes of tofu, chili powder, cumin, cayenne, salt, and pepper. Stir well and sauté for 2 to 3 minutes. Add the water, stirring to allow the tofu to absorb the seasonings and water. Stir in the black beans and sauté for 2 to 3 minutes more. Add the cilantro and adjust the seasoning to taste. Serve over a bed of greens or in a whole-wheat tortilla with sliced avocado and/or shredded cheese, Greek yogurt, and salsa.

**Tip:** This is also great served in a lettuce wrap, in a Taco Salad or with cheese as filling in a Quesadilla. Can substitute chicken for tofu if desired.

*Inspired by [AlwaysHungry.com](http://AlwaysHungry.com)*