

Spanish Spicy Tofu “Sofritas” Crunchwraps

This dish is a vegan take on Mexican style Sofritas Crunchwraps. I like this one for weekend evenings to enjoy with company. It's got that party style crunch to it and a bit of a spicy kick. The Vegan Queso is what really brings it all together. You can make this recipe gluten free by using tortillas with no wheat.



Ready in 40 minutes

Serves 3 -4 people

#Vegan

Ingredients

For the spicy Sofritas tofu:

- Olive oil
- **16 oz** of extra firm tofu (press out the liquid)
- **2 tablespoons** of taco seasoning (add about a teaspoon of salt if unsalted)
- **2 chipotle peppers** minced (you can add more if you would like it to be spicier)
- **⅓ to ½ cup** of salsa. (I like to use pineapple salsa)

For the Cashew Queso:

- **1 cup** of cashews
- **½ cup** of water
- **2-3 diced** green Chile peppers
- **1 teaspoon** of taco seasoning
- **A pinch** of salt

For the Crunchwrap:

- **6** Burrito size flour tortillas
- **Something crunchy** like tortilla chips
- **Roasted vegetables** (I like to use a frozen mix of: green beans, corn, peas, and carrots.) *Costco sells this veggie mixture in the frozen section*
- **Red Onion!**
- **1 can of strained and rinsed** Black beans
- **(Optional)** something fresh; like tomatoes, avocados and lettuce

Preparation

For the Spicy Sofritas Tofu:

1. **Heat oil on medium heat in a large non stick skillet.** Break the tofu into crumbles

and add it to the skillet along with the chipotle peppers, salsa, taco seasoning and salt.

2. **Get it all going in the pan nice and hot.** Finish by letting everything sit without stirring for 10+ minutes (add oil to prevent sticking as needed) until you get some nice brown almost crunchy pieces.

For the vegetables and black beans:

3. **In a separate non stick pan, heat oil over medium high heat and stir fry the vegetables along with the black beans.** Stir fry until the vegetables are ever so slightly browned.

For the Cashew Queso:

4. **Blend everything together until smooth!** Be careful not to add too much water, you don't want the Queso to be too liquidy. Set it aside for now, we will be layering some of it in each of the Crunchwraps. However, you don't have to use all of it because it tastes really good as a side.

Crunchwrap time!

5. **Lay a tortilla on a flat surface and layer; Tofu, a tablespoon of Queso, the Crunchy stuff, Beans with Vegetables, Red Onion! and anything else you would like to put in there.** Don't overstuff it, or else it will be hard to fold it closed.
6. **Fold the edges of the tortilla in towards the center, flip it upside down so the folds are facing down, and set aside.** Repeat 6 times.
7. Heat some oil in the large nonstick skillet once more and **place the crunchwraps (folded side still down) one by one in the skillet.** Place as

many as the skillet will comfortably fit because you will need to flip them once.

8. **Cook for just a few minutes on each side until the exterior is golden brown and crunchy.** Watch them closely because they can start to burn really fast.
9. **Cut each of them and half** and serve immediately with a side of the Cashew Queso.

Enjoy!

Tips

Store the Queso in the fridge if you happen to have any leftovers. You can reheat the leftover crunchwraps (if any) by placing them in a baking sheet with parchment paper, covering it in tin foil and warming them in the oven.

~Misha Botyaroff

“Self Care is the New Health Care”