

The Best Old-School Tacos, Vegetarian Style

1 lb. (500 grams) firm or extra-firm **tofu**, drained

2 Tbs. **olive oil**

1 large **onion**, finely diced

1 large **carrot**, finely diced

(optional) 1-2 **chili peppers**, diced

5 Tbs. **butter**

2 tsp. **chili powder**

½ tsp. ground **cumin**

½ tsp. ground **coriander**

½ tsp. **salt**

10 **hard taco shells**

1 cup shredded **cheddar cheese**

1 cup shredded **lettuce**

1 cup diced **tomatoes**

In the sink, line a colander with paper towels, add the drained tofu and crumble it with your hands. Then press the tofu to squeeze out as much water as you can. The more water you can squeeze out, the shorter the cooking time.

Heat a large cast iron skillet or nonstick pan over medium-high heat. Add 2 Tbs. oil, the diced onion and a pinch of salt and saute until soft, about 5 minutes. Add the diced carrot (and the optional diced chili peppers) and another pinch of salt and saute for another 5 minutes.

Add 5 Tbs. of butter to the pan and let it melt, stirring to coat the onion and carrot. Add the crumbled and pressed tofu to the pan, the chili powder, ground cumin, ground coriander and salt and stir to combine. Cook, stirring occasionally until the tofu is brown and crispy, about 20-30 minutes.

While the filling is cooking, shred 1 cup of cheddar cheese, 1 cup of lettuce and 1 cup of tomatoes. For a tasty sauce, combine the following three ingredients in a small bowl.

½ cup **sour cream**

The juice from ½ **lime**

a dash of **ground cumin**

Once the filling is done cooking, turn off the heat, warm up the taco shells and serve.