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Red Tofu Enchilada ♦♦

A delicious vegan enchilada recipe made with tofu and a flavorful red sauce. This dish is perfect for a vegan dinner or lunch.

Recipe Type: Vegan

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	tofu
2 c	red enchilada sauce
8 pieces	tortillas
1 medium	onion
2 cloves	garlic

1 tsp	Cumin
1 tsp	Chili powder
1 tsp	Salt
1 c	black beans
1 c	corn
2 tbsp	Cilantro
1 juice of	Lime
1 medium	Avocado
1 medium	Tomato
2 stalks	Green onion

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Press the tofu to remove excess water. Cut the tofu into small cubes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Sautéing

In a large skillet, heat some oil over medium heat. Add the onion and garlic and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Sautéing

Add the tofu cubes to the skillet and cook until slightly browned.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Stirring

Add the cumin, chili powder, and salt to the skillet and mix well.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Stirring

Add the black beans and corn to the skillet and cook for another 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Oven

Warm the tortillas in the oven for a few minutes.

Prep Time: 0 mins

Cook Time: 3 mins

Step 8

Rolling

Spread a spoonful of the red enchilada sauce on each tortilla. Add a spoonful of the tofu mixture and roll up the tortillas.

Prep Time: 0 mins

Cook Time: 5 mins

Step 9

Baking

Place the rolled tortillas in a baking dish and pour the remaining enchilada sauce over them.

Prep Time: 0 mins

Cook Time: 10 mins

Step 10

Oven

Bake in the preheated oven for 20 minutes.

Prep Time: 0 mins

Cook Time: 20 mins

Step 11

Cutting

While the enchiladas are baking, prepare the toppings. Dice the avocado, tomato, and green onion. Chop the cilantro.

Prep Time: 5 mins

Cook Time: 0 mins

Step 12

Serving

Remove the enchiladas from the oven and let them cool slightly. Serve with the diced avocado, tomato, green onion, and chopped cilantro on top.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	8 g	21.05%	32%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	0 mcg	0%	0%
Vitamin E	3 mg	20%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Mexican

Italian

Course

Side Dishes

Snacks

Sauces & Dressings

Salads

Soups

Diet

Anti-Inflammatory Diet

Nutritional Content

Low Sodium

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Seasonality

Spring

Meal Type

Lunch

Dinner

Difficulty Level

Medium

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