

Kentucky BBQ Tacos with Fresh Cabbage Slaw

The name says it all in this one. We're baking tofu with a delicious barbeque sauce so it gets to be, to use a phrase, finger licking good, then serving it up in a taco topped with a fresh cabbage slaw with a kick. It's the flavors of a down home barbeque, cooked up Meez style. Yum!

35 Minutes to the Table

5 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Casserole Dish
Large Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Organic Tofu
BBQ Sauce
Carrots & Cabbage
Creamy Vinaigrette
Corn Tortillas

Make The Meal Your Own

Picky eaters tip – Try tossing a portion of the slaw in ranch or Thousand Island dressing.

Make ahead tip – Make the slaw and bake the tofu for 20 minutes in advance. When ready to eat, add 1 Tbsp water to the tofu and mix well. Put in an oven-safe skillet and reheat in toaster or conventional oven for 5 to 7 minutes.

Have leftover slaw? Mix it with quinoa or farro to make a tasty grain salad.

Good To Know

If you're making the vegan version, we've left the mayonnaise out of your creamy vinaigrette. If you'd like a creamy slaw, a dollop of soy yogurt would work well.

Health snapshot per serving – 450 Calories, 16g Protein, 4g Fiber, 15 Smart Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Organic Tofu, Corn Tortillas, Barbecue Sauce, Cabbage, Carrots, Mayonnaise, White Wine Vinegar, Lemon, Brown Sugar, Garlic, Spices

meez meals

1. Getting Organized

Preheat your oven to 400.

2. Bake the Tofu

Slather the **Organic Tofu** with $\frac{3}{4}$ of the **BBQ Sauce** and arrange in a casserole dish. Bake until the sauce is lightly burnt at the edges, about 25 to 30 minutes, flipping the tofu once halfway through cooking.

If there's any liquid in the tofu bag, drain it before cooking.

3. Toss the Slaw

As soon as the tofu is in the oven, put the **Carrots & Cabbage** into a large mixing bowl and add the **Creamy Vinaigrette**. Toss well, and then put into the refrigerator to chill.

4. Put It All Together

Heat your **Corn Tortillas** until they are soft and pliable. We like to do this directly over the open flame of a gas stove for 15 to 30 seconds per side, but you can also use a dry skillet. Serve the tortillas filled with the tofu and slaw. Enjoy!

You can also heat the tortillas in the oven. Put them on a baking sheet or heat directly on the rack for 2 to 3 minutes.

Love this recipe? #meezmagic

Instructions for two servings.

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