

Chorizo

6	oz	extra firm tofu drained, frozen	1		whole fruity dried Ancho chili
1 1/2	cup	Textured Vegetable Protein (TVP)	2	tsp	minced garlic
			1	Tbs	oregano
1/2	cup	tomato juice*	1	Tbs	ground flax seed
1/2	cup	red wine vinegar*	2	tsp	smoked paprika powder
1	Tbs	soy sauce	1 1/2	tsp	salt
1/4	cup	diced tomatoes	1 1/2	tsp	ground cumin
6	oz	tomato paste	3/4	tsp	ground black pepper
1	cup	yellow onion, very finely diced (1 medium)	1/2	tsp	cayenne powder
			1/4	tsp	thyme
1		whole chipotle chili in adobo sauce with 2 tablespoons sauce from can	1/4	tsp	ground allspice
			1/4	tsp	cinnamon powder
			1/4	tsp	ground cloves
1		whole sweet dried Guajillo chili	1/4	tsp	red pepper flakes
			1/4	tsp	ground coriander seed
				pinch	nutmeg



One key ingredient is a chipotle chile canned in adobo sauce-Mexican aisle of most large grocery stores. The La Morena brand had the fewest ingredients.. Since you only use one of these smoky, spicy peppers, I suggest freezing the rest.

Procedure

- 1 Tofu-drain, freeze, defrost, squeeze to drain again.
- 2 De-seed and stem the Guajillo and Ancho peppers and then put in bullet/blender to finely chop.

- 3 In food processor, mince onion, then sauté.
- 4 In food processor, shred tofu and set aside. Combine with onions when they are done and set aside.
- 5 Tear chipotle pepper into small pieces and put in food processor with the diced tomatoes. Pulse a few times until minced.
- 6 OTHER THAN onion/tofu and TVP, add remaining ingredients to food processor and pulse a few times until well combined.
- 7 Pour sauce into large, microwave bowl and add TVP. Mix and microwave for 60 seconds to warm. Mix again to ensure all TVP is coated and should start to be fully expanded by now (ie no crunch to it). Once you are sure that once this sits the TVP will be not crunchy, add the tofu/onion mix and mix until well coated.

Servings: 8

Yield: abt 1/2 c per serving

Nutrition Facts

Nutrition (per serving): 233 calories, 35 calories from fat, 3.2g total fat, 0mg cholesterol, 1519.4mg sodium, 1838.4mg potassium, 30.8g carbohydrates, 10.6g fiber, 18.7g sugar, 18.1g protein.

Recipe Tips

Can use tomato sauce instead of diced tomatoes. If using canned diced tomatoes, drain the liquid for the tomato juice and use the tomatoes for another recipe—great way to get drained diced tomatoes for another recipe. Otherwise use tomato juice or vegetable broth. Can substitute white vinegar for red wine vinegar if needed. Can substitute ½ c lentils or quinoa, cooked, for ¼ c of the TVP to increase fiber, just decrease liquid/tomato juice by 3-4T. Can add 1 to 2 small hot dried chilies like Arbol or Cascabel, stems and seeds removed (optional).

Can use Choricerio or Costeño for the Guajillo if needed. Can use Mulatto or Negro or Pasilla for the Ancho pepper if needed. Mexican oregano is most authentic but oregano will do.

In Mexico, restaurants and food stands make tacos, queso fundido (or choriqueso), burritos, and tortas with cooked chorizo, and it is also a popular pizza topping. A popular Mexican recipe in which chorizo is used as an ingredient is to combine it with pinto or black refried beans. This is done by simply frying the chorizo and then combining it with refried beans. This combination is often used in tortas as a spread, or as a side dish where plain refried beans would normally be served. <https://en.wikipedia.org/wiki/Chorizo>

Source

Source: http://www.phamfatale.com/id_165/title_Homemade-Vegetarian-Soy-Chorizo/ <http://www.seriousseats.com/recipes/2015/02/vegan-chorizo-food-lab-recipe.html>

Author Notes

Flesh sites visited:

<http://www.mexicoinmykitchen.com/2009/01/how-to-make-chorizo-mexicano.html>

<http://menuinprogress.com/2009/10/homemade-chorizo-oaxacan-style.html>

