

# **Couscous Tacos**

## **Ingredients**

1. One 14.5 ounce can Mexican-style stewed tomatoes
2. One cup water
3.  $\frac{1}{4}$  cup chopped onion
4. Five teaspoons taco seasoning mix
5.  $\frac{2}{3}$  cup couscous
6. Eight ounces firm tofu, drained and finely chopped
7. Ten taco shells, warmed
8.  $1\frac{1}{2}$  cups shredded lettuce
9.  $\frac{2}{3}$  cup shredded cheddar cheese
10. Salsa

## **Instructions**

1. In medium saucepan, combine undrained stewed tomatoes, water, onion, and taco seasoning mix. Bring to a boil.
2. Stir in couscous and tofu. Cover and remove from heat. Let stand for 5 minutes.
3. Spoon couscous mixture into taco shells. Top with lettuce, cheese, and salsa.