Loaded Vegan Fries

Recipe created by AfroVegan Society

Makes 4 Servings | Ready in 30 minutes

Cooking Resources Needed

- Cutting board
- Knife
- Can opener
- Oven
- Potato peeler (optional)
- 1 teaspoon measuring spoon
- ½ teaspoon measuring spoon
- Parchment paper
- Baking sheet
- 2 Medium bowls
- Non-stick skillet or pan

- Stovetop
- Stirring spoon
- Spatula or tongs
- Oven mitt
- Small microwave-safe bowl OR small saucepan to go on the stovetop
- Large plate or serving platter
- Colander

Ingredients

- 2 large Russet potatoes
- 1 block Firm tofu (crumbled)
- 1 medium diced tomato (chopped)
- 1 bag shredded vegan cheese
- 1 can black beans, rinsed and drained
- Olive oil or vegetable oil
- 2 teaspoons of garlic powder
- 2 teaspoons of paprika
- ½ teaspoon of chili powder or cayenne pepper (optional)
- Salt and pepper
- Cilantro (optional garnish)
- Jalapeños (optional garnish)
- Hot sauce (optional garnish)

Instructions

Prepare the Fries

1. Preheat your oven to 425°F.
2. Set out your cutting board.
3. Set out your knife.
4. Wash the 2 large russet potatoes (water only – no soap).

5. Peel the 2 large russet potatoes (peeling is optional for a rustic look).
6. Slice the 2 russet potatoes into thin fries or wedges.
7. Place your cut potato fries/wedges into a medium bowl.
8. Add a drizzle of olive oil (about 1 Tablespoon) to the medium bowl.
9. Add 1 teaspoon of garlic to the medium bowl.
10. Add 1 teaspoon of paprika to the medium bowl.
11. Add a pinch of salt (the amount that would fit if you grabbed it with your thumb and pointer finger) to the medium bowl.
12. Add a pinch of pepper to the medium bowl.
13. With a stirring spoon, mix the ingredients in the medium bowl together.
14. Take one of your baking sheets and set it out.
15. Put parchment paper on our baking sheet.
16. Spread the fries from the bowl evenly onto the parchment-lined baking sheet.
17. By this time your oven will be preheated, so you will put on an oven mitt, and put the baking sheet into your oven.
18. Set a timer for 15 minutes.
19. When the timer goes off, user your spatula or tongs to flip the fries over, so they can cook on the other side.
20. Put the. Baking sheet back into the oven.
21. Set a timer for 10 minutes.
22. When the timer goes off, look at your fries. If they are a golden color and look crispy, they are ready to take out of the oven. If not, you need to put the baking sheet back into the oven and set a timer for 5 more minutes.
23. When your last timer goes off, use your oven mitt (every time you reach into the oven!) to remove the baking sheet and set it on top of your stovetop.
24. At this point, **IF** you have cooked the tofu AND heated the baked beans (the next two sections) you can skip down to the section labeled "Melting Vegan Cheese". If you are at this step, you do **NOT** need to

turn your oven off yet.

Cook the Tofu (while the potato fries are in the oven)

1. Get out your second medium size bowl.
2. Crumble the tofu into a bowl to resemble ground meat.
3. Turn on your stovetop burner to medium (typically 3-5).
4. Place a non-stick skillet or pan on the burner that is turned on.
5. Add the tofu to the non-stick skillet or pan.
6. Add 1 teaspoon of garlic powder to the pan.
7. Add 1 teaspoon of paprika to the pan.
8. Add ½ teaspoon of chili powder or cayenne pepper to the pan (optional). **Tip:** if you do not like spicy food, do not add this.
9. Add a pinch of salt to the pan.
10. Add a pinch of pepper to the pan.
11. Using your stirring spoon, mix these ingredients together.
12. Set a timer for 5 minutes.
13. Stir in the ingredients in the pan occasionally (every minute or so).
14. When the timer goes off, if the tofu looks golden and slightly crispy, it is done. If not, set the timer for another 2 minutes.
15. When your last timer has gone off, remove your pan from the hot burner and place on a burner that has not been turned on.
16. Turn off your stovetop ONLY if you are going to use the microwave to heat your black beans. If you are going to heat up the black beans on the stovetop, leave the burner on.

Warming the Black Beans on the Stove (while the potato fries are in the oven)

1. Place a small saucepan on the burner that is already on.
2. Turn the burner setting to low (typically a 1-2)
3. Open your can of black beans and pour them into the colander.
4. Rinse the black beans with water.

5. Put the rinsed black beans into the small saucepan that is on the stovetop.
6. Add a pinch of salt to the small saucepan.
7. Add a pinch of garlic to the small saucepan (optional).In a small saucepan or microwave, heat the black beans with a pinch of salt and garlic powder for extra flavor.
8. Use your stirring spoon to stir the ingredients together.
9. Leave on the stovetop that is on for the beans to slowly heat up.

Warming the Black Beans in the Microwave (while the potato fries are in the oven)

1. Your stovetop should be **OFF** if you are using the microwave. Make sure your stovetop is turned off.
2. Get your microwave-safe bowl.
3. Open your can of black beans and pour them into the colander.
4. Rinse the black beans with water.
5. Put the rinsed black beans into the microwave-safe bowl.
6. Add a pinch of salt to the microwave-safe bowl.
7. Add a pinch of garlic to the microwave-safe bowl (optional).
8. Place the microwave-safe bowl in the microwave.
9. Place a paper towel over the top of the microwave-safe bowl to avoid spills and splatters.
10. Microwave the black beans for 30 seconds.
11. Stir the black beans.
12. Microwave the black beans for another 30 seconds.
13. If the black beans seem hot enough, take them out of the microwave and set on the counter to use later. If they are NOT hot enough, microwave them for another 30 seconds.

Melt Vegan Cheese

1. At this point, your fries are finished cooking in the oven, and you have used an oven mitt to remove the hot baking sheet from the oven.
2. If you just removed the fries from the oven, and the oven is still on, keep it on. Do not turn it off yet. If you made the fries earlier and turned the oven

off, turn it back on to 425°F and let it heat up.

3. When your oven is at 425°F, sprinkle the shredded vegan cheese on the hot fries. **Tip:** some vegan cheese takes longer to melt, so keep in mind how thick the layer of cheese is that you sprinkle on your fries.
4. Using your oven mitt, place the baking sheet back into the oven.
5. Set a timer for 5 minutes.
6. Check to see if the vegan cheese has melted. If it has, user your oven mitt to take the baking sheet out of the oven. If not, set a timer for 2 more minutes and check again when that timer goes off.
7. When the cheese is melted, take the baking sheet out of the oven (with your oven mitt!) and set it on top of the stovetop.
8. Turn off your oven

Assemble the Loaded Fries

1. Get out your cutting board.
2. Get out your knife.
3. Dice (small cubes) a medium tomato. Leave on the cutting board for right now.
4. Get a large plate or serving platter.
5. Using a spatula, put the cheesy fries on the plate. Be careful of how hot the baking sheet will be.
6. Using your serving spoon, put the cooked tofu that is on the stovetop in your non-stick pan on top of the cheesy fries.
7. Using your serving spoon, put the heated up black beans that are either in your microwave-safe dish or in a small saucepan on your stovetop on top of the cheesy fries and cooked tofu.
8. Add the diced tomatoes to the top of the plate of fries.
9. Enjoy!

Optional Garnishes

1. Add fresh cilantro, jalapeños, or a drizzle of hot sauce on top of your loaded fries for extra flavor.