**PowerUp Bowl**

**INGREDIENTS**
1 bell pepper, cut into small strips
1 red onion, cut into small strips
1 bunch kale, cleaned and ripped from the stem in bite-sized pieces
4 cups cooked brown rice
1 avocado
1 cup toasted walnuts
1 pound marinated, diced tofu (recipe below)
1 cup Bad Axe dressing (recipe below)
¼ cup spice mix (recipe below)

**TOFU MARINADE**
Cut about 1 pound of tofu into small cubes & marinate in the refrigerator overnight in the following mixture.
¼ cup Tamari
½ cup Sunflower or Canola oil
½ cup Sesame oil
½ cup Rice vinegar
2 teaspoons minced garlic
2 teaspoons minced ginger
2 teaspoons sriracha

**BAD AXE DRESSING**
½ c. vegan mayonnaise
¼ c. spicy dijon mustard
¼ c. maple syrup
¼ teaspoon red pepper flakes

**SPICE MIX**
2 teaspoons granulated garlic
2 teaspoons sea salt
1 teaspoon ground cumin
1 teaspoon chili powder
1 teaspoon ground ginger
1 teaspoon paprika
1 teaspoon nutritional yeast
1 teaspoon sugar
½ teaspoon ground coriander
½ teaspoon onion powder
Dash of cayenne

*This makes a great all-purpose spice mix to sprinkle on any veggies!*

**DIRECTIONS**
1. Heat sauté pan with small amount of cooking oil.
2. Place one handful each of red onions, red bell peppers & marinated tofu into the pan. Sprinkle on spice mix & stir.
3. Put a lid on the pan and cook it over medium-high heat for 3 minutes, stirring frequently.
4. Then add a handful of kale and drizzle in a little water.
5. Place the lid on again & let cook for two more minutes.
6. Place 1 cup cooked rice in a bowl.
7. Slide the contents of the pan on top of the rice.
8. Drizzle Bad Axe dressing over the top.
9. Top with ¼ of the avocado, sliced and a handful of toasted walnuts. Bam, you are ready for anything now.