Ingredients

* 3 TBS olive oil
* 2 onions, diced
* 4 sweet potatoes, diced
* 2 lbs mushrooms, diced
* 2 lbs extra-firm tofu, diced
* 6 cloves garlic, minced
* 4 limes, zested and juiced
* 1 TBS apple-cider vinegar
* Salt and pepper
* ½ cup BBQ sauce
* ¼ cup chili sauce
* 2 TBS soy sauce
* 4 heads romaine lettuce, cut into bite-sized pieces
* ¼ cup white sesame seeds, toasted

Procedure

1. In a very large non-stick frying pan, heat olive oil on medium.
2. Add onions to pan and cook for 5 minutes, then the sweet potatoes and cook for another 5, then the mushrooms and another 5, and finally the tofu, garlic, lime zest, and apple cider vinegar for 5 more (about 20 minutes total).
3. Taste and season the vegetables with salt and pepper.
4. In a separate bowl, combine the lime juice, barbeque, chili, and soy sauces. Mix well.
5. Toast the sesame seeds in a non-stick skillet on low heat until fragrant, about 1 minute. Set aside.
6. To assemble a wrap, top a piece of lettuce with the vegetables, a spoonful of sauce, and a sprinkle of seeds.