

## Brown Stew Tofu

### Ingredients:

**Serves 4**

#### Tofu:

16 oz firm tofu  
 ¼ cup vegetable stock  
 ¾ cup diced onion  
 3 cloves garlic, minced  
 ½ tsp black pepper  
 ½ cup diced scallions  
 1 scotch bonnet, finely diced  
 2 tsp low-sodium soy sauce  
 2 tsp fresh ginger, minced  
 1 Tbs fresh thyme  
 1 tsp onion powder  
 1 tsp garlic powder  
 1 tsp poultry seasoning  
 ¾ tsp smoked paprika  
 ¼ tsp ground allspice

#### Stew:

1 ½ cup vegetable stock  
 1 tomato, diced  
 1 green bell pepper, diced  
 1 red bell pepper, diced  
 1 carrot diced  
 1.5 Tbs oil  
 1 Tbs ketchup

#### Other:

4 cups cooked brown rice



### Directions:

1. Press tofu for 30 minutes to remove excess moisture.
2. Cut tofu into cubes.
3. In a bowl combine the vegetable stock, onion, garlic, pepper, scallions, scotch bonnet, soy sauce, ginger, thyme, onion powder, garlic powder, smoked paprika and ground allspice and mix well.
4. Add the tofu to the marinade and let sit for at least 1 hour.
5. In a larger skillet heat 0.75 Tbs oil over medium heat.
6. Remove the tofu from the marinade and add to skillet and cook for 3-5 minutes. (Set aside the remaining marinade and veggies)
7. Remove the tofu from the skillet.
8. Add 0.75Tbs oil to the skillet and add the reserved marinade with veggies.
9. Add all remaining veggies and sauté for 5 minutes.
10. Return the tofu to the pan and add 1 ½ cups vegetable stock, and ketchup. Stir to combine.
11. Lower the heat to medium-low. Cover partially and simmer for 25–30 minutes, stirring occasionally, until the sauce thickens.
12. Serve hot with cooked brown rice.

### Nutrition Facts

4 servings per container  
**Serving size** **2.5 cups**

**Amount per serving**  
**Calories** **410**

	% Daily Value*
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 60g	<b>22%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 23g	
Vitamin D 0mcg	0%
Calcium 270mg	20%
Iron 3.3mg	20%
Potassium 420mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.