

## Szechuan Tofu

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24	oz	tofu	1	tsp	black pepper
		drained,	2	Tbs	Szechuan
		frozen,			sauce
		defrosted	1	tsp	red pepper
1 1/2	cup	soy			flakes
		sauce	16	oz	mushrooms
1/2	cup	vegetable			(fresh, not
		broth			canned)
4	tsp	vinegar	3/4	cup	carrots sliced
4	cloves	minced	1		red bell
		garlic			pepper-large
2	Tbs	Ginger-	2	cup	broccoli
		root;			florets
		fresh;			
		minced			
1		large			
		onion,			
		finely			
		diced			



*This recipe actually makes enough sauce to coat ingredients and have some over the rice. Could easily cut in half for a smaller family but makes a great lunch the next day, too.*

### Procedure

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- 1 Once tofu is defrosted, press free of water and cut into cubes.
- 2 Slice carrots. Cut bell pepper into strips. Mince onion to hide from kids. Can slice mushrooms or leave whole so adults can have them and kids can pick them out.
- 3 In a large pan sauté onion, ginger, garlic, carrots and bell pepper until nearly cooked.
- 4 Stir remaining ingredients, other than tofu and broccoli, to make the sauce. Add remaining ingredients to the sauce. Cover and cook until tofu warm and broccoli has absorbed some of the sauce and mushrooms are just cooked. Serve warm over rice.

Servings: 7      Yield: 1 cup per serving

### Nutrition Facts

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Nutrition (per serving): 171 calories, 55 calories from fat, 5.7g total fat, 0mg cholesterol, 2210.2mg sodium, 743.1mg potassium, 12g carbohydrates, 4.6g fiber, 4.1g sugar, 17.3g protein.

Source: pg 73 of Tofu Cookery

