



Tofu stew with rice (texture modified diet)

Follow the plate method to determine amounts

Ingredients (serves 1)

Tofu

Arròs

Bolets, ceba, pastanaga

Tomàquet fregit

All

Brou de verdures

Vi ranci

Un grapat de fruita seca torrada

Farigola

Julivert

Oli d'oliva verge extra .

Sal (restringiu-la en cas d'hipertensió o retenció de líquids)

Method

1. Cook the rice in a pot with boiling water. When cooked, cool and reserve.
2. Peel and chop the onion, carrot, and garlic. Wash and slice the mushrooms.
3. Sauté the onion, carrot, and garlic in a frying pan with a splash of oil at low heat for fifteen minutes. Add a pinch of salt, pepper, and thyme.
4. When cooked, add the mushrooms, stir, and cook for a few more minutes. Add a few drops of stock and two tbsp of tomato sauce and cook at a very low heat.
5. Strain and cut the piece of tofu into cutlets.afegiu-la a la cassola.
6. Add the tofu cutlets to the veggies in the saucepan. Crush the roasted nuts and the parsley together.
7. Dissolve the crushed nuts and parsley with a bit of water or stock, add to the saucepan and cook for a few more minutes.
8. Put the stew and rice in a tall container.
9. Blend until obtaining a very smooth purée. Use water or stock to find the desired consistency.
10. Optional: Blend the stew and rice separately and serve both purées one on top of the other on a plate.