



Tofu stew with rice

Follow the plate method to determine amounts.

Ingredients (serves 1)

Tofu

Rice (brown or white, according to preference or medical recommendation)

Tomato sauce

Mushrooms, onion, carrot

Garlic

Vegetable stock

A handful of roasted nuts

Thyme

Parsley

Extra virgin olive oil

Salt (skip in case of hypertension or fluid retention)

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.
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 and add to the saucepan.
8. Season with salt and pepper and serve together with cooked rice.