

SPICY-PEANUT TOFU WITH RICE

Prep Time: 10 minutes
Cooking Time: 10 minutes
Makes 4 servings

Ingredients

½ package (~200 g or 1 cup) firm tofu
125 mL (1/2 cup) vegetable or chicken broth
60 mL (1/4 cup) all-natural peanut butter
15 mL (1 T.) soy sauce
15 mL (1 T.) sesame oil (or canola oil)
5 mL (1 tsp.) hot sauce or 1 mL (¼ tsp.) red pepper flakes
15 mL (1 T.) canola oil (or other vegetable oil)
1 clove garlic, minced
1 small red or orange bell pepper, chopped
1 stalk broccoli (about 250 ml/1 cup), chopped
60 mL (1/4 cup) chopped peanuts (optional)

Directions

Drain liquid from tofu; cut tofu into small cubes (about 1 cm or ½ inch) and set aside.

Prepare the sauce by stirring together broth, peanut butter, soy sauce, sesame oil and hot sauce in a large bowl. Place the tofu cubes in the bowl to marinate in the sauce for 5 – 10 minutes. (This is also a good time to put on some rice or quinoa to cook).

Meanwhile, take a large skillet, and heat canola oil over medium heat, about 1 minute. Add the minced garlic, red pepper and broccoli into the skillet, stirring occasionally, for about 4 - 5 minutes, until vegetables are fork-tender.

Pour the tofu and sauce mixture into the skillet and continue cooking, stirring gently, for another 3 - 4 minutes or until sauce simmers (bubbles) and tofu is heated through.

Serve over cooked rice or quinoa, and topped with chopped peanuts if desired.



**Creamy, peanutty sauce:
really easy and quick to
make!**

Source: Adapted from the [Quehgh Student Cookbook](#)

- ✓ Budget-Friendly
- ✓ Quick & Easy
- ✓ Vegan-Vegetarian (use vegetable broth)
- ✓ Source of iron
- ✓ Gluten-Free (use GF soy sauce)



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