

Seasoned Tofu – Vegan – SOS

Prep Time: 15 minutes
Cook Time: 10 minutes
Total Time: 25 minutes

Serving Size: 2
Calories per serving: 240
Fat per serving: 6 grams

Ingredients

- 2 tablespoons vegetable broth, Trader Joe's Low Sodium
- 1/4 cup carrot, grated
- 1/2 large onion, diced
- 1 red bell pepper, chopped
- 2 cloves garlic, minced
- 1/2 teaspoon oregano, minced
- 1 teaspoon curry
- 1 cup black bean, homemade with no-salt or 10-ounce can no-salt-added
- 1 (12-ounce) package firm tofu, crumbled
- Black pepper, to taste
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Instructions

1. Place tofu in nonstick pan with 2 tablespoons of low sodium vegetable broth, and cook over medium-high heat for 5 minutes.
2. Add beans, curry and oregano, and cook for another 5 minutes, stirring occasionally.
3. Place onion, bell pepper, carrots, and garlic in the pan with 2 more tablespoons of low sodium vegetable broth.
4. Reduce heat to medium, keep stirring and cooking until vegetables are tender, for about 5 minutes.

Notes

Nutrition facts (per serving): Calories: 240, from fat: 40, total fat: 6g, cholesterol: 0mg, sodium: 128mg, total carbohydrate: 31g, fiber: 9g, sugar: 1g, protein: 22g.