

# Tofu and Veggies in Peanut Sauce – Vegan

Prep Time: 10 minutes  
Cook Time: 10 minutes  
Total Time: 20 minutes

Serving Size: 4  
Calories per serving: 410  
Fat per serving: 23 grams

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## Ingredients

- 1 tablespoon peanut oil
- 1 small head broccoli, chopped
- 1 small red bell pepper, chopped
- 5 fresh mushrooms, sliced
- 1 pound firm tofu, cubed
- 1/2 cup peanut butter
- 1/2 cup hot water
- 2 tablespoons vinegar
- 2 tablespoons soy sauce
- 1 1/2 tablespoons molasses
- Ground cayenne pepper, to taste
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## Instructions

1. Heat oil in a large skillet or wok over medium-high heat. Sauté broccoli, red bell pepper, mushrooms and tofu for 5 minutes.
2. In a small bowl combine peanut butter, hot water, vinegar, soy sauce, molasses and cayenne pepper. Pour over vegetables and tofu. Simmer for 3 to 5 minutes, or until vegetables are tender crisp.

## Notes

Nutrition facts (per serving): Calories: 410, from fat: 197, total fat: 23g, cholesterol: 0mg, sodium: 578mg, total carbohydrate: 26g, fiber: 10g, sugar: 4g, protein: 28g.