



AADI Recipe - Spicy Tofu Stew

Try this recipe on a Meatless Monday. Serve this stew with brown rice and your favorite fruit to make it a delicious and nutritious meal.

Ingredients:

- 1 tablespoon canola oil
- 2 tablespoons minced garlic
- 1 cup napa cabbage, slivered
- 4 cups low sodium chicken broth
- 1 pound firm tofu, cut into 1¼-inch slices, ¼ inch-thick
- 1 teaspoon red pepper powder (or more according to taste)
- 5 tablespoons low sodium soy sauce
- 1 tablespoon sesame oil
- 2 tablespoons minced scallions

Directions:

1. In a large saucepan, heat the oil over medium high heat. Add the minced garlic and slivered cabbage. Cook for 1 to 2 minutes until the garlic is aromatic, then add the chicken broth, tofu and red pepper powder. Cover and cook for 3 to 4 minutes.
2. Uncover the saucepan and add the soy sauce, sesame oil and scallions. Stir gently to avoid breaking the tofu.
3. Cook until the stew begins to bubble. Ready to serve

Servings: 4

Cooking Tips:

You can turn this recipe into a vegetarian recipe by replacing the chicken broth with vegetable broth.

Nutrition Facts	
Serving Size 1 serving	
Amount Per Serving	
Calories 190	Calories from Fat 110
% Daily Values*	
Total Fat 12g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Sodium 780mg	33%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 14g	28%

*Percent Daily Values are based on a 2,000 calorie diet.

