

Spicy Tofu Stew

Quick, elegant, delicious, and healthy!

Recipe courtesy of [House Foods America](#), developed by Fred Sabo, executive chef at the Trustees Dining Room at the Metropolitan Museum of Art

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Serves 4



Ingredients:

- 1 package (12 oz) House Premium Tofu or Organic Tofu Extra Firm
- ¼ cup olive oil
- 1 medium onion, diced
- 1 small carrot, chopped
- 3 celery ribs, chopped
- 8 shiitake mushrooms, quartered
- 2 cloves garlic, minced
- 4 medium fresh tomatoes, peeled, seeded, diced
- 2 tsp curry powder
- ½ tsp ground coriander

1 Tbsp tomato paste
½ cup white wine
½ cup tomato juice
⅛ cup rice vinegar
1 cup vegetable stock
Soy sauce to taste
Cilantro for garnish
Naan or Pita Bread

Directions:

Wrap Tofu with paper towels and press to remove excess water. In heavy pot sauté all vegetables and spices in olive oil until very soft and slightly browned for 10 to 15 minutes. Add tomato paste and continue to cook for 3 minutes.

Add wine, tomato juice, vinegar and stock. Bring to a simmer and cook for 15 minutes.

Add soy sauce to taste.

Cut tofu in 1-inch cubes and add to stew. Cook for 5 minutes.

Remove from heat. Garnish with chopped cilantro. Serve with Naan or Pita bread.