



RECIPE | TOMATOES

STUFFED TOFU IN SPICY ORGANIC TOMATO SAUCE



40 min

20 min
PREP.

20 min
COOKING



4



easy



INGREDIENTS

For the tomato sauce:

5 Pure Flavor® Organic Roma Tomatoes
3 cloves of garlic, minced
2 green onions, chopped
3 **tbsp** ketchup
2 **tbsp** coconut sugar
2 **tbsp** oil
1 **tbsp** red chili flakes
1 **tsp** soy sauce
½ **tsp** ground black pepper
Salt, to taste

For the stuffed tofu:

1 Red Pure Flavor® Sweet Bell Pepper
4 pieces extra firm tofu
3 mushrooms, finely diced
1 carrot, finely chopped
1 **tsp** soy sauce
1 **tsp** coconut sugar
¼ **tsp** salt



DIRECTIONS

- 1 Carve out the inside of each tofu piece to make a pocket. Transfer the carved-out tofu to a mixing bowl and add mushrooms, carrot, red bell pepper, soy sauce, sugar, and salt. Mash together to form a paste and fill tofu pockets.
- 2 Heat a large skillet with oil, once hot, fry each side of stuffed tofu pockets and transfer to a plate.
- 3 In the same skillet add garlic, chili, green onions, tomatoes, ketchup, sugar, and soy sauce and cook. Add stuffed tofu to skillet, cook until warmed thoroughly, flip tofu to coat all sides.
- 4 Season with pepper and top with green onions. Enjoy!

