

Broiled Chinese Five Spice Tofu & Tangy Vinegar Vegetables

Ingredients

6 slices (about 12 oz) extra firm tofu
1- 14.5 oz can "Mexican style" stewed tomatoes in juice
1/4 cup brown sugar
1 teaspoon Chinese five spice powder
1/4 teaspoon chili powder
1/2 teaspoon salt
1/2 pound coleslaw
1/2 pound green beans, trimmed and blanched
1/4 cup seasoned rice wine vinegar
1 cup brown rice
2 cups water

Yield = 2-3 servings



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Instructions

Press and drain tofu and cut into "steaks." Place in a re-usable plastic food container.

Next, add tomatoes, brown sugar, five spice and chili powder into a blender and make a puree. Pour this mixture over tofu and marinate overnight or at least an hour.

Boil a pot of water and prepare a bowl of cold ice water. Submerge green beans for about 1-2 minutes or until they turn bright green but are still crisp. Remove and plunge into cold ice water. Drain. In a large bowl, mix green beans with coleslaw and rice wine vinegar. Chill until ready to serve.

Cook brown rice according to package directions or in a rice cooker. Generally, 2:1, rinse rice and add a small bit of oil or butter.

Turn on broiler. Remove tofu from marinade and place on a broiling pan. Broil for 15 minutes. While tofu is broiling, reduce remaining marinade in small saucepan. Once tofu is done, remove from oven, brush with marinade and let sit for a minute to help prevent it from tearing away from the pan.

Serve broiled tofu over rice with a side of vinegar vegetables.