



Szechuan-Style Tofu with Peanuts

If you've ever wanted to try Szechuan cuisine but have been scared away by the intensity of the spices, get your feet wet with this easy tofu recipe, which is nicely spiced but not overpowering. The peanuts add a bit of protein which, along with the tofu, make this a great dish for those days when you're running a bit low on amino acids. Have fun!

Ingredients

2 3½ oz bags boil-in-bag jasmine rice
1 14 oz package water-packed firm tofu, drained and cut into 1-inch pieces
Cooking spray
1/2 cup fat-free vegetable broth
1 tablespoon ground chili paste
1 tablespoon soy sauce
1 teaspoon cornstarch
2 teaspoons black bean garlic sauce
1 tablespoon canola oil
1/4 teaspoon salt
1 (8-ounce) package pre-sliced mushrooms
1/2 cup matchstick-cut carrots
1 tablespoon bottled ground fresh ginger
1/2 cup chopped green onions
1/4 cup unsalted dry-roasted peanuts, chopped

Preparation

Line a pan with foil and coat with cooking spray. Place the tofu on the pan and broil for 14 minutes or until golden.

While the tofu broils, boil the rice per the instructions on the package

Combine the broth, chili paste, soy sauce, cornstarch and black bean sauce into a bowl and whisk until completely mixed

Pour the oil in a large skillet and heat at medium high. Once heated, add the salt and mushrooms and sauté for 4 minutes, stirring occasionally.

Once the mushrooms are cooked, add in the carrots and ginger and cook for 1 additional minute

Pour in the broth mixture and cook for 30 seconds (or until the sauce starts to thicken)

Remove from heat and stir in the tofu and onions. Pour over the rice and serve with a sprinkling of peanuts.

If you want to watch the video again. Click [here](#).