

Sofritas Tofu

Source: DC Central Kitchen

This flavorful sofritas recipe was created by DC Central Kitchen and is served in school cafeterias throughout the Washington, D.C., area!

About the Recipe

158 Calories · 13.3 g Protein · 1.65 g Fiber

Ingredients

Makes 50 Servings

- tofu, extra firm (13 pounds, 12 ounces)
- vegetable oil (1/4 cup)
- 1 1/4 gallons, 1 cup (vegetable broth, low sodium)
- tomato paste, canned, salt-free (1 1/3 cups, 1 tbsp.)
- adobo fresco (1/4 cup)
- garlic powder (1/3 cup, 3/4 tsp.)
- brown sugar, unpacked (1/3 cup, 3/4 tsp.)
- cumin, ground (2/3 cup)
- onion powder (1/3 cup, 3/4 tsp.)
- black pepper, ground (2 tbsp, 2 tsp)
- oregano leaves, dried (1/3 cup, 3/4 tsp.)
- cinnamon, ground (1 tbsp, 1 1/8 tsp.)
- salt (2 tbsp.)

Directions

1. Cut tofu into 1-inch cubes and transfer to colander. Allow tofu to drain for 25-30 minutes until most of the water has been removed.
2. Use hands to crumble tofu into small pieces (should resemble scrambled egg).

3. In a large pot over medium high heat, add oil and sauté tofu for approximately 1 minute.
4. Place remaining ingredients in blender and blend until smooth.
5. Add sauce to pan with tofu and mix well.
6. Allow to simmer for approximately 2 minutes, stirring occasionally.
7. Cover and cook for an additional 5 minutes.
8. Serve with 4 ounces of Cilantro Lime Rice.

Nutrition Facts

Per portion (1/2 cup), each serving provides 2-ounces of a meat alternative in the National School Lunch Program

Calories: 158

Carbohydrate: 9.16 g

Protein: 13.30 g

Total Fat: 9.11 g

Saturated Fat: 0.94 g

Calories from Fat: 51.98%

Iron: 3.82 mg

Cholesterol: 0 g

Fiber: 1.65 g

Calcium: 249.94 mg

Vitamin A: 503.6 mcg

Sodium: 770 mg

Vitamin C: 2.7 mg