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

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

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