

Sofritas Tofu

Source: Adapted from a DC Central Kitchen recipe

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

126 Calories · 12.2 g Protein · 1.3 g Fiber

Lunch

Gluten-free · Nut-free

Ingredients

Makes 4 Servings

- Tofu, extra firm (14 oz or 1 package)
- Vegetable oil (3/4 tsp)
- Vegetable broth, low sodium (1 1/3 cup)
- Tomato paste, canned, salt-free (1 1/2 tbsp)
- Adobo fresco (3/4 tsp)
- Garlic powder (1 tsp)
- Brown sugar, unpacked (1 tsp)
- Cumin, ground (2 tsp)
- Onion powder (1 tsp)
- Black pepper, ground (1/2 tsp)
- Oregano leaves, dried (1 tsp)
- Cinnamon, ground (1/4 tsp)
- Salt (1/2 tsp)

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. Allow to simmer for approximately 2 minutes, stirring occasionally. Cover and cook for an additional 5 minutes.
6. Serve with 4 ounces of Cilantro Lime Rice.

Nutrition Facts

Per serving:

Calories: 126

Carbohydrate: 6.1 g

Protein: 12.2 g

Total Fat: 7.4 g

Calories from Fat: 49.1%

Saturated Fat: 1.27 g

Iron: 3.46 mg

Cholesterol: 0 g

Fiber: 1.3 g

Calcium: 346.36 mg

Vitamin A: 7.37 mcg

Sodium: 546 mg

Vitamin C: 1.94 mg