Mrs. Vegan's WFPB Dinner Recipes

CAPTAIN TOFU
(adapted from Maribeth Abrams, *Tofu 1-2-3*)
(Serves 6)

"It's truly astounding that the simple combination of tomatoes, curry powder, thyme, onion, and green pepper can create such amazing flavor."

¼ cup whole wheat flour
2 tbsp nutritional yeast flakes
½ tsp salt
1/8 tsp ground black pepper
1 lb firm or extra-firm tofu, drained, patted dry, and cut into ½-inch cubes

¼ cup sherry, white wine or dry vermouth
1 onion, chopped
1 green bell pepper, chopped
2 garlic cloves, minced
2 – 3 tsp curry powder
½ tsp thyme
1 28-oz can crushed tomatoes*

Hot cooked BROWN RICE for serving

Preheat the oven to 350 degrees F. Combine the flour, nutritional yeast flakes, salt and pepper in a shallow baking dish and stir with a fork or wire whisk. Place the tofu cubes in the flour mixture and coat them, either individually or by gently shaking the baking dish until the tofu is completely coated. Place the tofu cubes in a single layer on a nonstick or lightly oiled baking sheet, and bake for about 25 minutes, turning once (12 minutes each side).

In a large skillet, pour in the sherry; add the onion, bell pepper and garlic, and cook, stirring, until softened, about 5 minutes. Stir in the curry powder, thyme, and crushed tomatoes. Bring to a simmer and cook, stirring, for a few minutes.

In a nonstick or lightly oiled casserole dish, make a bottom layer of the baked tofu, and pour the tomato sauce over the tofu. Cover with foil and bake for 35 minutes or until hot and bubbly. Let cool about 5 minutes before serving over cooked brown rice.

Note: Sometimes I use less than the whole can of tomatoes for this dish, and freeze the rest, as it seems like a lot of tomatoes for the amount of tofu. It depends on how saucy you want it to be.

BROWN RICE

1 cup brown rice (preferably fragrant Basmati or jasmine brown rice for this dish)

2 2/3 cups water

In a large pot, bring the rice and water to a boil; lower the heat to "Low," cover, and cook about 45 min. (If you have an electric stove, cover partially until temperature lowers, then completely cover pot.) At the end of cooking time, if the rice sticks to the pan, take the pot off the heat, add ½ c water, and cover. In a few minutes, the rice will spoon easily even from the bottom of the pan.

This is a good ratio of rice to water. For a larger crowd you can cook 1½ cups of rice in 4 cups of water (easy to remember).





