

Tofu Lizzy

(all she wanted was tofu!)

Tandoori Masala	2.5 tsp
Olive oil	6 Tbsp
Zucchini	2 medium/large
Vidalia onion	1
Goyo low sodium black beans	15 oz
Brown rice	2/3 cup
Tofu – extra firm	16 oz
Baby Bella mushrooms	about 10
Garlic	1-2 heads
Sun-Maid raisins	about 1 cup
Red wine	1 glass (to drink while cooking)

Peel and dice the onion and garlic. Chop the zucchini into 4 sections lengthwise – then chop these long sections so that you are left with small quarters of zucchini. Clean and chop the mushrooms (each mushroom into about 4-6 pieces). Starting from the side of the tofu, slice across so you have 2 tofu patties – now slice both across the top both by lengthwise and widthwise – creating dozens of small tofu blocks (each block should be around 3/8 to 1/2 inch on each side).

Heat up about 1.5 cups of water for the rice – add just a dash of salt to the water. When boiling, add the brown rice, bring to a boil again, then cover and set aside on simmer (keep an eye on this – when the water is all absorbed by the rice, turn the heat off and let sit for 5-10 minutes covered).

Add about 3 Tbsp of olive oil to a pan or wok – I prefer to use a cast iron wok for this recipe. Heat on high for about 3-5 minutes (until the oil is quite hot). Add 1 tsp of Tandoori Masala – then add the about half the chopped onion. Stir often. In a minute or 2, add about half the chopped garlic. Stir often. In another 2 minutes or so, add about half of the chopped mushrooms. In another 2 minutes or so, add the zucchini.

Stir, and then cover for a couple of minutes (stirring periodically). Take the top off – at this point there is an accumulation of fluid in the center of the wok. Keep on high heat and boil most of this fluid off. But this time, the zucchini is soft. If you prefer firmer zucchini, don't cover the wok at any time.

Spoon out the zucchini/mushroom/onion mix – set it aside on a plate or in a bowl.

Add another 2 Tbsp of oil. Add 1.5 tsp of Tandoori Masala. Add the remaining chopped onion and stir for 2 minutes or so. Add the rest of the garlic and stir for about 2 minutes or so. Add the rest of the mushrooms, and stir for about 2 minutes or so. No pull the ingredients to the side of the wok, and add another Tbsp of oil in the center of the wok. Add the tofu. Stir often. In about 5-10 minutes, the tofu is browning and sticking to the bottom of the wok. You can add more olive oil if needed – but when the tofu has browned a bit, add back the zucchini mix that has been sitting on the side. This has some fluid in it, and will keep the tofu from sticking to the bottom of the wok.

Stir a bit more, and then add the black beans. Stir for 2 minutes or so – until the beans are hot and mixed well into dish. Now, add the raisins. Stir for 2 minutes or so – then add the rice, which should be done by now. Mix well, heat for a few minutes – and you are done.