

# MAPO TOFU

## INGREDIENTS:

- 1 pound firm tofu
- 1 tablespoon avocado or organic canola oil
- 1 teaspoon Sichuan peppercorns
- 1 tablespoon minced ginger
- 2 cloves of garlic, minced
- 4 ounces shiitake mushrooms, sliced
- 1 tablespoon fermented black bean paste
- 2 tablespoons doubanjiang paste (or less, to reduce heat)
- 1 tablespoon reduced-sodium tamari
- ¾ cup low-sodium vegetable broth
- 1 teaspoon rice vinegar
- 1 teaspoon toasted sesame oil
- 2 scallions, finely sliced



## DIRECTIONS:

1. While preparing other ingredients, press tofu block with a dish towel or paper towels between a large plate or cutting board and a heavy pot or pan to release extra liquid. Let sit for at least 15 minutes and then cut into 1–2-inch cubes.
2. In a wok or large pan over medium low heat, add the oil and Sichuan peppercorns. Cook for 30 seconds, until fragrant, and add the ginger and garlic. Cook for another 1 minute.
3. Add the mushrooms, black bean paste, doubanjiang, tamari, broth, and vinegar. Raise heat to medium and simmer for 5 minutes, stirring occasionally.
4. Add the tofu cubes to the mixture and gently toss the tofu in the sauce. Let simmer for 3–5 minutes, and then add the sesame oil and top with scallions. Serve warm with brown rice, if desired.

40 MINUTES | SERVES 4

### Nutrition Facts

177 calories | 10g fat | 1g saturated fat | 666mg sodium  
| 8g carbohydrate | 2g fiber | 3g sugar | 11g protein