

Tofu Mozambique

4-6 servings

Ingredients

- 1 sweet onion, peeled
 - 5 cloves garlic, peeled
 - 2 long green (banana) peppers
 - 2 Tbsp olive oil
 - 16 oz (low sodium) vegetable broth
 - Juice from 1 lemon
 - 2 tsp capers
 - 1 Tbsp hot sauce
 - 2 Tbsp ketchup
 - 1 tsp dried parsley
 - 2, 14-oz blocks extra firm tofu
- DIY Sazón Spice Blend (or buy [Loisa](#) brand online)
- 1 Tbsp onion powder
 - 1 Tbsp garlic powder
 - 1 Tbsp ground coriander
 - 2 tsp ground cumin
 - 2 tsp smoked paprika
 - 2 tsp oregano
 - 1 ½ tsp turmeric
 - 1 tsp salt
 - 1 tsp Ground Black Pepper
 - 1/8 tsp Cayenne (optional)

Instructions

1. Drain liquid from tofu packages and wrap each tofu block in a kitchen towel, then place something heavy on top of each block for about 15 minutes.
2. While tofu is being pressed, in a small bowl combine Sazón Spice Blend ingredients & set aside.
3. Dice onion, mince garlic cloves & slice peppers.
4. In large pot, heat olive oil over medium heat, then add in onion, garlic and pepper.
5. Sauté for approximately 4 minutes.
6. While ingredients are cooking, cube blocks of tofu & set aside.
7. To pot, add juice from 1 lemon, 1 heaping Tbsp of seasoning blend & 16 oz veg broth.
8. Cover & let simmer for 5 minutes.
9. Stir in ketchup, hot sauce, parsley and capers, then turn off heat.
10. Get a medium-to-large sized bowl for coating tofu cubes & place 1 Tbsp of the Sazón Spice Blend into the bowl per 3-4 tofu pieces and shake to coat. Once coated, place seasoned cubes on parchment-lined baking sheet or parchment-lined air-fryer base / rack.
11. Repeat until all tofu is coated (you will use the remainder of the Sazón Spice Blend or you may have a little extra which you can add into the Mozambique broth base)
12. Cook tofu cubes for 20-22 minutes in air fryer or 45 min in oven at 400°F.
13. Add crispy tofu into Mozambique broth base.
14. Serve Tofu Mozambique over brown rice.
15. Other Serving Suggestions: Enjoy with a side salad and/or add steamed cauliflower to balance the meal.
16. Keep in fridge for up to 5 days, separate from the brown rice.

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