

Wheat Germ Tofu

Summary

Yield	Servings
Source	wailana
Prep time	
Cooking time	30 minutes
Total time	30 minutes

Description

In this flavorful dish, the tofu and potatoes are deep-fried before adding them to a smooth, rich tomato sauce. Deep-frying seals their edges, allowing them to keep their shape and texture and enhancing their flavors. Try serving with fluffy rice, or for a lighter meal, serve with a crisp green salad and your favorite bread.

Image not found

[Wheat Germ Tofu](http://www.wailana.com/sites/default/files/recipe/wheat-germ-tofu_library.jpg)

Ingredients

Vegetable oil for deep-frying
30 oz
Firm tofu, cut into 1-inch cubes
2
Large potatoes, cut into 1 inch cubes
1 1/2 Tbsp
Vegetable oil
2
Medium carrots, sliced into thick semicircles
1
Medium red bell pepper, cut into 1-inch cubes
3
Large bay leaves
30 oz
Tomato sauce or puree
2 Tbsp
Fresh chives, chopped
1 Tbsp
Raw sugar
1 1/2 tspn
Salt

1¼ tspn
Black pepper
1 c
Water
1 c
Wheat germ, toasted*

Instructions

1. Heat the oil for deep-frying in a large saucepan or skillet on medium-high heat. Carefully add half the tofu and cook until golden brown. Remove and set aside to drain well. Repeat with the remaining tofu. Cook the potatoes the same way and set aside to drain well.
2. In a wok or large nonstick skillet, heat the oil on medium heat and sauté the carrots, bell peppers, and bay leaves until the vegetables are just tender. Add a little water if needed to prevent burning.
3. Add the tofu, potato, tomato sauce, chives, sugar, salt, pepper, and water to the vegetables. Mix well and bring to a boil on low to medium heat. Simmer for 5 minutes, then sprinkle in the toasted wheat germ and simmer for another minute. If the sauce is too thick, add a little water. Remove the bay leaves before serving.

Notes

*Place raw wheat germ in a skillet and toast over medium-low heat until lightly browned, stirring constantly.

Nutritional Information Per Serving:

Calories: 403, Fat 22.7g (205 cal), Carbohydrate 32.1g (128 cal), Protein 17.5g (70 cal)

Added information: Saturated Fat 2.1g, Cholesterol 0mg, Sodium 501mg, Dietary Fiber 5.8g

Source URL: <http://www.wailana.com/lifestyle/recipe/wheat-germ-tofu>