

TOFU PASTA



Ingredients (makes 4-5 servings):

- 10 ounces of pasta
- 4 pieces of tofu
- 2 bell peppers – 1 green, 1 red
- 8 ounces of mushrooms
- 2 Tbsp. of Italian parsley
- One onion
- 1 clove of garlic
- 1 tsp. each for salt and pepper
- 1 Tbsp. oil
- 1 Tbsp. mushroom seasoning
- ½ tsp. thyme
- 2 tsp - 1 Tbsp. capers

Directions:

1. Cook the pasta per package instructions
2. Prepare the tofu – cut into smaller slices and pan fry
3. Slice mushrooms and onion
4. Mince the garlic
5. Heat the pan and add oil
6. Toss in the garlic and onion and fry until lightly browned
7. Add thyme and mushroom and fry
8. Pour cooked pasta into the pan and stir fry all ingredients
9. Once the pasta is lightly fried, add the fried tofu, chopped Italian parsley and capers
10. Season with salt, pepper, and mushroom seasoning