



Stewed Tomatoes with Mushrooms and Tofu

NIBBLEDISH CONTRIBUTOR

Ingredients

- 14.5 oz can of sliced stewed tomatoes
- Handful of Grape Tomatoes, sliced in half
- 1 Medium Carrot, grated
- 1/2 a block of firm tofu
- Container of baby bella mushrooms
- 1/2 c grated mozzarella
- olive oil

Instructions

Slice tofu into slabs and brush with olive oil and lay onto a baking sheet. Brush another pan, preferably 8x8, with olive oil and place mushrooms cap side down. Bake both mushrooms and tofu at 350 for 30 minutes.

While those are cooking, pour stewed tomatoes, grated carrot, and grape tomatoes into a pot on low heat. Stir in your favorite flavorings (I added basil, garlic, and onion). Take a masher and mash the tomatoes up a bit. Simmer for about 20 minutes.

After the mushrooms and tofu have been in the oven for 30 minutes, slice the tofu into chunks and throw them into the pan with the mushrooms. Then add in the stewed tomato sauce and stir. Sprinkle the top with the grated cheese and bake until cheese is melted, about 10 minutes.

I served mine over millet and steamed spinach, it would be great over pasta as well.
