

International Flavor Series- Chinese Tofu & Tomato Family Recipe



Part of the international flavor series, this recipe was adapted from an authentic family recipe, prepared and offered to students throughout several schools in Cambridge. The recipe was presented to the district through community outreach and collaboration with the Cambridge Public Health Department, and the Community Engagement Team, Department of Human Services. The International Flavor Series was created in order to bring authentic international recipes, reflecting the diversity of Cambridge students and families, into the school menu.

INGREDIENTS:

Oil, Vegetable	2 Tbsp
Garlic, Fresh, Minced	2 cloves
Tomatoes, Roma, Fresh, Chopped	6 each
Salt	½ tsp
Black Pepper, Ground	¼ tsp
Ginger, Ground	½ tsp
Crushed Red Pepper Flakes	¼ tsp
Soy Sauce, Lite (Low Sodium)	1 Tbsp
Tofu, extra firm, ½ inch cubes	1, 14oz pack
Sesame Oil	1 Tbsp
Scallions, thinly sliced	¼ cup
Brown Rice, Cooked	2 cups



This recipe makes 4 servings.

PREPARATION METHODS:

1. In a large skillet or medium sized pot warm the vegetable oil over medium high heat.
2. Add the garlic and cook until golden (1-2 minutes).
3. Add the tomatoes, seasoning and soy sauce. Cook until the tomatoes release their juices and begin to cook down.
4. Add the tofu and simmer for at least 10 minutes to meld flavors.
5. Once finished, stir in the sesame oil and scoop onto a serving of rice.
6. Sprinkle with the fresh scallions.

