



Cream of Tofu Soup

Makes: 5 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
2 tbsp	butter, margarine, or vegetable oil	30 mL
½	onion, diced	½
2 stalks	celery, diced	2 stalks
1	carrot, diced	1
2 tbsp	flour	30 mL
4 cups	low-sodium vegetable broth	1 L
2 sprigs	fresh parsley	2 sprigs
2 sprigs	fresh thyme	2 sprigs
1	bay leaf	1
½ (1 lb) block	firm tofu, cubed	½ (454 g) block
¼ cup	milk	60 mL
1 tbsp	parsley, chopped	15 mL
Optional:	salt and pepper mushrooms, sliced	

Instructions

- Melt butter (or heat oil/margarine) in a large pot over medium-high heat. Add the onions and sauté until soft.
- Add celery, carrots, and mushrooms (if using). Cook until tender (about 12 minutes), stirring occasionally.
- Add flour. Cook, stirring with a wooden spoon, for an additional 2 minutes.
- Add the broth and bring to a boil while whisking constantly.
- Tie the parsley sprigs, thyme sprigs, and bay leaf together with a piece of kitchen twine and add to the soup. Lower heat and simmer for 15 minutes.
- Stir in the tofu and bring to a boil. Remove from heat.
- Whisk the milk into the soup and season with salt and pepper (if using). Heat through.
- Remove and discard the herb bundle.
- Garnish with chopped parsley.

Note: Nutrition Information is on page 2.

Nutrition Information Serving 260 g (1 cup)
Calories 100
Fat 5 g
Saturated 3 g
+ Trans 0 g
Sodium 260 mg
Carbohydrates 9 g
Fibre 2 g
Sugars 4 g
Protein 4 g
Calcium 60 mg
Iron 1 mg

Food Guide Servings
½ Vegetable & Fruit
½ Meat & Alternative