



# Tofu Pasta Sauce

Makes: 8+ child servings

## Ingredients

| Imperial Measurement | Ingredient                                | Metric Measurement |
|----------------------|---|--------------------|
| 1 (1 lb) block       | firm tofu, crumbled                       | 1 (454 g) block    |
| 2 tbsp               | vegetable oil                             | 30 mL              |
| ½                    | onion, chopped                            | ½                  |
| 2 cloves             | garlic, minced                            | 2 cloves           |
| 1                    | red pepper, chopped                       | 1                  |
| 1 cup                | mushrooms, sliced                         | 250 mL             |
| 2 (28 oz) cans       | reduced-sodium tomatoes, diced or crushed | 2 (796 mL) cans    |
| 1 tbsp               | basil                                     | 15 mL              |
| 1 tsp                | oregano                                   | 5 mL               |
| 1 tsp                | thyme                                     | 5 mL               |
| ½ tsp                | salt                                      | 2 mL               |
| Optional:            | pepper<br>tomato paste<br>sugar           |                    |

## Instructions

1. In a large pot, heat oil on medium-high heat. Add onions and sauté until soft.
2. Add garlic and cook for 2 minutes.
3. Add peppers and mushrooms. Cook on medium heat until liquid from mushrooms has been reduced.
4. Add tomatoes, tofu, and spices and simmer for 30 minutes – 1 hour. Add sugar if sauce is too acidic. Add tomato paste if sauce is too thin. Season with salt and pepper (if using).

### Nutrition Information

|                           |
|---------------------------|
| Serving 200 g (¾ cup)     |
| <b>Calories</b> 110       |
| <b>Fat</b> 5 g            |
| Saturated 0.5 g           |
| + Trans 0 g               |
| <b>Sodium</b> 180 mg      |
| <b>Carbohydrates</b> 11 g |
| Fibre 2 g                 |
| Sugars 6 g                |
| <b>Protein</b> 5 g        |
| Calcium 50 mg             |
| Iron 1.5 mg               |

### Food Guide Servings

1 Vegetable & Fruit  
½ Meat & Alternative