

Mardi Gras Tofu

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-mardi-gras-recipe>

Ingredients:

- 2 pounds tofu Diced
- 1/2 cup diced onion
- 1 tablespoon oil Veggie
- 1/2 cup red pepper Diced
- 1 tablespoon minced garlic
- 1 teaspoon thyme
- 1 teaspoon paprika
- 1 cup brown rice
- 1 bay leaf
- 1 cup diced tomatoes
- 1 cup stock Veggie

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 33 grams
3. Fat: 11 grams
4. Fiber: 2 grams
5. Protein: 17 grams
6. SaturatedFat: 2 grams
7. Sodium: 70 milligrams
8. Sugar: 3 grams

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