

Mapo Doufu with Szechuan Pepper and Brown Rice

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-chinese-brown-rice-recipe>

Ingredients:

- 1 package silken tofu
- 2 tablespoons soy sauce
- 3 scallions
- 1 leek
- 2 cloves garlic
- 1 piece ginger
- 1 teaspoon Szechuan peppercorns
- 3/4 cup brown rice
- 1 cup vegetable broth
- 1 tablespoon chili bean sauce
- 2 teaspoons sesame oil
- 2 tablespoons peanuts

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 34 grams
3. Fat: 6 grams
4. Fiber: 3 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 690 milligrams
8. Sugar: 2 grams

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