

Tofu Rice Bowl with Veggies

The Vegan Gym · Lunch · Dinner · GF

400 cal · 28g protein · 56g carbs · 10g fat · 4 servings

Ingredients

- 2 blocks extra firm tofu cubed (684g)
 - 3 cups cooked brown rice
 - 2 heads broccoli cut into florets
 - 2 large bell peppers sliced
 - ½ cup tamari sauce
 - 1 tbsp rice vinegar
 - 2 tsp garlic powder
 - 2 tsp smoked paprika
 - 2 tsp chili powder
 - 3 tbsp nutritional yeast
 - 2 tsp dulse granules or iodized salt
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Instructions

1. Press the tofu for 15-20 minutes to remove excess moisture. Cut into cubes.
 2. In a small bowl, mix tamari, rice vinegar, garlic powder, smoked paprika, and chili powder.
 3. Toss tofu cubes in half the sauce mixture. Bake at 400°F for 25 minutes, flipping halfway, until crispy.
 4. Cook brown rice according to package directions.
 5. Steam or roast broccoli florets and sliced bell peppers for 10-15 minutes.
 6. Assemble bowls: place rice in the base, top with baked tofu and roasted vegetables.
 7. Drizzle with remaining sauce, sprinkle with nutritional yeast and dulse granules.
 8. Serve immediately.
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Generated by Meal Planner · Per serving macros