

# 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

## 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.

Generated by Meal Planner · Per serving macros