

Hawaiian BBQ Tofu Bowl



TOTAL TIME

1 hr



COURSE

Dinner, Lunch



SERVINGS

7 serving

CALORIES

504 kcal

INGREDIENTS

- 3-15 oz blocks of extra-firm tofu cubed; or use soy-free tofu or seitan for soy free
- 1 c BBQ sauce recipe below
- 1 ½ c diced pineapple
- 3 ½ c cooked brown rice
- 3 ½ c steamed broccoli
- 1 c sliced red bell pepper
- 1 c shredded carrots
- 3 ½ Tbsp low-sodium soy sauce or liquid aminos for soy free
- ½ c chopped green onions
- 7 tsp sesame seeds

BBQ Sauce Ingredients:

- ½ c tomato paste
- ¼ c apple cider vinegar
- 2 Tbsp maple syrup
- 2 Tbsp low-sodium soy sauce or liquid aminos for soy free
- 1 Tbsp dijon mustard

- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp black pepper
- ¼ c water adjust for consistency
- stevia or monk fruit sweetener to taste for more sweetness if desired

INSTRUCTIONS

Sauce Instructions:

1. Combine all ingredients in a small saucepan over medium heat.
2. Bring to a simmer and cook for 10-15 minutes, stirring occasionally, until thickened.
3. Add water if needed to achieve desired consistency, and stevia or monk fruit to increase sweetness if desired.
4. Nutrition Facts per 2 Tbsp (makes 8 servings for website): 36 calories, 7.9g carb .1 fat, 1.3g protein

Bowl Instructions:

1. In a bowl, mix tofu cubes with ½ cup BBQ sauce. Let marinate for 15-20 minutes.
2. Heat a pan spritzed with cooking spray over medium heat. Add tofu and cook until golden brown, about 10 minutes.
3. Add pineapple, carrots, peppers, and the remaining BBQ sauce to the pan. Cook for 5-7 minutes, allowing the flavors to combine and the veggies to soften.
4. Divide the cooked rice into 7 meal prep containers. Top each with ½ c steamed broccoli.
5. Add BBQ tofu and pineapple mixture to each bowl. Drizzle with ½ Tbsp soy sauce, 2 Tbsp chopped green onions, and 1 tsp sesame seeds.

NUTRITION

Nutrition Facts	
Hawaiian BBQ Tofu Bowl	
Amount Per Serving (1 serving)	
Calories 504	Calories from Fat 108
% Daily Value*	
Fat 12g	18%
Carbohydrates 75g	25%
Protein 23g	46%
* Percent Daily Values are based on a 2000 calorie diet.	



KEYWORD