

Tofu Stroganoff



Makes 4 servings

Active time: **40 minutes**

Total time: **40 minutes**

Course: **Dinner**

In this healthy tofu recipe, seared strips of tofu stand in for meat for a vegetarian version of beef stroganoff. We make the sauce rich and savory with mushroom broth and a touch of sherry, and keep the fat in check with reduced-fat sour cream.

Ingredients

- 1 14-ounce package extra-firm water-packed tofu, drained
- 1 teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon ground white pepper
- 8 ounces whole-wheat egg noodles
- 3 tablespoons extra-virgin olive oil
- 5 tablespoons dry sherry
- 1 large onion
- 10 ounces baby bella or button mushrooms
- 1 tablespoon chopped fresh thyme or 1/2 teaspoon dried
- 3 tablespoons all-purpose flour
- 2 cups mushroom or vegetable broth
- ½ cup reduced-fat sour cream

Preparation

1. Cut tofu block in half crosswise. Cut each piece in thirds horizontally, then cut each stack crosswise again into 6 pieces. (You will have 36 strips, 2 inches by 1/2 inch.) Pat the tofu dry with paper towels and sprinkle on all sides with paprika and 1/4 teaspoon each salt and white pepper.
2. Bring a large saucepan of water to a boil. Add noodles and cook according to package directions. Drain and keep covered.
3. Meanwhile, heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Cook the tofu in a single layer, gently stirring every few minutes, until golden brown on all sides, 7 to 9 minutes total. Add 2 tablespoons sherry and cook, stirring, until evaporated, 30 seconds to 1 minute. Transfer the tofu to a plate with a slotted spoon.
4. Add the remaining 1 tablespoon oil to the pan. Add onion, mushrooms, thyme and the remaining 1/4 teaspoon each salt and white pepper; cook, stirring frequently, until the mushrooms release their liquid and start to brown, 6 to 8 minutes. Sprinkle with flour and cook, stirring, for 1 minute. Stir in broth and the remaining 3 tablespoons sherry; bring to a simmer. Cook, stirring, until thickened, 3 to 5 minutes more. Stir the tofu into the sauce. Remove from heat and stir in sour cream. Serve the tofu stroganoff over the noodles.

Nutrition

Per serving: 487 calories; 53 g carbohydrates; 19 g fat (5 g sat, g mono); 20 g protein; 12 mg cholesterol; 7 g dietary fiber; 572 mg potassium; 618 mg sodium.
Nutrition bonus: Calcium (25% daily value), Potassium (16% dv)

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