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**Hot Spinach and Artichoke Dip**  
**Tomato Onion Chowder**  
**Layered Fiesta Chopped Salad**  
**California Breakfast Burritos**  
**Healthy Mac 'n' Cheese**  
**Thai Coconut Curry**  
**Raspberry Chocolate Chunk Pie**  
and more!



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101 THINGS TO DO WITH TOFU

KELLY & TEGTMEIER



# 101 Things<sup>®</sup> To Do With Tofu

BY  
DONNA  
KELLY  
AND  
ANNE  
TEGTMEIER



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## BROCCOLI CHEDDAR SOUP

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- 8 cups **chopped broccoli**
- 4 cups **vegetable broth**
- 16 ounces **silken tofu**
- 1/2 teaspoon **nutmeg** (optional)
- 16 ounces **sharp cheddar cheese**, grated
- salt**, to taste

In a large pot, simmer broccoli in broth for 5–8 minutes, or until slightly softened but not mushy. Drain broth into a food processor or blender and add tofu and nutmeg, if desired; blend until smooth. Mash broccoli with potato masher in pot until a thick puree forms. Pour tofu mixture into pot and return to a simmer. Add cheese by the handful. Add salt to taste and serve warm. Makes 6–8 servings.

**VARIATION:** Replace broccoli with equal amount of cauliflower.

## AFRICAN PEANUT SOUP

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- 2 tablespoons **olive oil**
- 1/2 **red bell pepper**, diced
- 1 **yellow onion**, diced
- 1 tablespoon **minced garlic**
- 1 tablespoon **minced cilantro**
- 2 cans (14 ounces each) **vegetable broth**
- 16 ounces **silken tofu**
- 1 can (15 ounces) **crushed tomatoes in puree**
- 1/2 cup **uncooked rice**
- 1 cup **chunky peanut butter**
- chopped peanuts** (optional)

Heat the oil over medium-high heat in a large stockpot. Saute bell pepper and onion until limp, about 2–3 minutes. Add garlic and cilantro and saute another minute. Blend broth and tofu in a blender or food processor until smooth. Pour into pot and then stir in tomatoes. Stir in rice and reduce heat to medium-low. Simmer gently for about 20 minutes, or until rice is done, stirring occasionally so rice will not stick to bottom of pan. Turn off heat and then stir in peanut butter until melted. (Taste to see if soup needs salt. The salt content of each brand of peanut butter varies.) Serve with additional chopped peanuts sprinkled on top, if desired. Makes 4–6 servings.

**ASIAN VARIATION:** Omit the crushed tomatoes and add 1 can (14 ounces) coconut milk.

## THAI COCONUT CURRY

- 14 ounces **firm tofu**, frozen and thawed
- 1 **medium yellow onion**
- 2 tablespoons **peanut oil**
- 1 tablespoon **grated ginger**
- 2 teaspoons **crushed garlic**
- 1 cup **vegetable broth**
- 1 can (6 ounces) **coconut milk**
- 2 tablespoons **red curry paste** (or another mild curry paste)
- $\frac{1}{4}$  cup **golden raisins**
- $\frac{1}{2}$  cup **unsweetened coconut flakes**
- 2 tablespoons **mango chutney or apricot jam**

Cut tofu into approximately  $\frac{1}{2}$ -inch cubes. Halve the onion and then cut into long, thin strips about  $\frac{1}{4}$  inch thick. Heat oil over medium heat in a large frying pan. Add onion, ginger and garlic, stirring to flavor the oil, about 1 minute. Add tofu and continue stirring another 4 minutes.

Pour in vegetable broth and then blend in coconut milk. Add curry paste, raisins and coconut. Bring to a boil and then reduce heat to low. Add chutney, stirring in thoroughly, allowing mixture to thicken; simmer 15 minutes. Serve over jasmine or brown rice. Garnish with chopped peanuts, if desired. Makes 6 servings.

## TOFU TIKKA MASALA

Marinade:

- $\frac{1}{4}$  cup **plain yogurt**
- 1 tablespoon **grated fresh ginger**
- 1 tablespoon **crushed garlic**
- $\frac{1}{2}$  teaspoon each **turmeric, curry powder, nutmeg and chili powder**
- juice of  $\frac{1}{2}$  **lemon**
- 2 tablespoons **extra virgin olive oil**
- 28 ounces **firm tofu**, frozen, thawed and pressed
- 2 tablespoons **butter**

Sauce:

- 1 **medium onion**, diced
- 2 tablespoons **extra virgin olive oil**
- 1 can (26 ounces) **crushed tomatoes**, with liquid
- 2 tablespoons **garam masala powder**
- $\frac{1}{2}$  cup **heavy cream**
- 1 tablespoon **honey**

Whisk all marinade ingredients except tofu and butter together and pour half into a baking dish. Cut tofu into cubes about  $1\frac{1}{2}$  inches thick, add to baking dish and cover with remaining marinade. Cover and chill 2–3 hours or overnight. Preheat oven to 375 degrees. Add butter to the pan and bake tofu in marinade for 30 minutes, basting every 10 minutes.

In a large saucepan over medium-heat, saute onion in oil until browned. Add tomatoes and garam masala; reduce heat to low. Simmer 15 minutes, stirring occasionally. Remove tofu from its marinade with slotted spoon and add to saucepan, discarding excess marinade. Stir in cream and honey. Serve over jasmine or saffron rice. Garnish with fresh cilantro, if desired. Makes 6–8 servings.

# TRIPLEBERRY TARTS

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14 ounces **firm tofu**, drained  
1/2 cup **lemon curd**  
3 tablespoons **powdered sugar**  
1 teaspoon **vanilla**  
12 **mini graham cracker or regular individual piecrusts**  
3 cups **berries**, any combination  
1 container (6 ounces) **frozen limeade concentrate**, thawed  
2 tablespoons **cornstarch**  
1/4 cup **sugar**

In a food processor or blender, mix tofu, lemon curd, powdered sugar and vanilla. Place 3 tablespoons tofu mixture in tart crusts. Chop berries so that they are uniform in size, about the size of a peanut. Spread 4 tablespoons mixed berries on top in tart crusts.

In a small saucepan, bring limeade, cornstarch and sugar to a boil. Cook on high heat, stirring constantly, for 2–3 minutes, or until thickened. Remove from heat and let cool a few minutes. Brush glaze generously on top of berries, using all the glaze. Refrigerate at least 1 hour, or overnight. Makes 12 tarts.

# REBIRTH BY CHOCOLATE

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14 ounces **firm tofu**, drained  
2 tablespoons **powdered sugar**  
2 teaspoons **vanilla**  
1/2 cup **milk**  
1 bag (12 ounces) **semisweet chocolate chips**, melted  
2 cups **crushed chocolate cookie crumbs**  
1/4 cup **butter**, melted  
**whipped topping**  
**shaved dark chocolate**

In a food processor or high-speed blender, blend tofu, powdered sugar, vanilla and milk. Stir chocolate chips into tofu mixture. If using a blender, this may take several cycles of re-stirring the mixture, packing it down and blending again; repeat the process until smooth. Mix cookie crumbs and butter together and then press into the bottom and 1 inch up the sides of a springform pan. Pour tofu mixture on top and spread until even. Refrigerate 1 hour or until well chilled. Cut into pieces and then garnish on a plate with whipped topping and shaved chocolate. Makes 6–8 servings.

**VARIATION:** Use a ready-made chocolate crust for convenience in place of cookie crumbs and butter.

**VEGAN VARIATION:** Use vanilla soy milk in place of milk and margarine (or another non-dairy spread) in place of butter.

**CAFE MOCHA VARIATION:** Use milk chocolate in place of semisweet and add 3–4 teaspoons dissolved instant coffee into blender mixture. Sprinkle an additional teaspoon of instant coffee over the whipped topping in place of shaved chocolate.