Swiss-Style Tofu

Serves: 4 servings
Active time: 35 min
Total time: 35 min

Ingredients

- 12 ounces (360 g) firm tofu cut into 4 equal pieces
- 4 tsp tamari/soy sauce
- 2 cups (500 ml) sliced mushrooms
- 2 cups (500 ml) thinly sliced onions
- 1 green bell pepper, diced
- 3 cloves garlic, minced
- 2 Tbsp (30 ml) vegetable broth
- 2 Tbsp (30 ml) cane vinegar
- 2 cups canned crushed tomatoes
- 3 fresh tomatoes, seeded if desired and chopped
- 2 Tbsp miso dissolved in 2 Tbsp hot water
- 2 Tbsp tomato paste
- 2 Tbsp minced fresh basil

Directions

- Preheat the oven to 175 degrees Celsius. Line a baking sheet with a silicone mat or parchment paper.
- To make the tofu, put the tamari on a plate. Dip the tofu into the tamari and arrange it in a single layer on the lined baking sheet. Bake for 30 minutes.
- To make the sauce, put the mushrooms, onions, bell pepper, and garlic in a medium saucepan. Add the wine and cook over medium-high heat, stirring frequently, until the vegetables are soft, 5-8 minutes. Stir in the crushed tomatoes, fresh tomatoes, dissolved miso, tomato paste, and basil. Decrease the heat to low and cook, stirring occasionally, for 10 minutes.
- Spoon half the sauce into an 8-inch (20-cm) square glass baking dish. Arrange the tofu in a single layer on top of the sauce, then pour the remaining sauce evenly over the tofu. Cover and bake until hot and bubbly, 20-25 minutes.