

Tofu Broccoli Cashew Peanut Madness

From – From Asparagus to Zucchini

1 Tbsp butter or oil
1 large onion, chopped
1 garlic clove, minced
1 lb herbed tofu, cubed
2 Tbsp tamari or soy sauce, divided
½ to ¾ cup peanut butter, preferably crunchy
2 to 3 tsp lemon juice
¼ tsp cumin or more to taste
cayenne to taste
1 medium head broccoli, peeled and chopped
hot, cooked brown rice
handful of roasted cashews, chopped

- Heat butter or oil in skillet.
- Add onion and garlic. Saute until soft.
- Add tofu and 1 Tbsp tamari. Saute until brown. Remove from pan.
- In same pan, mix peanut butter, lemon juice, remaining 1 Tbsp tamari, cumin, and cayenne.
- Thin with up to 1 cup water to obtain gravy-like texture.
- Stir in tofu mixture.
- Steam broccoli.
- Serve sauce over broccoli and brown rice, topped with cashews.



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