

# CLOUD'S TOFU STEW

## GLOBAL KITCHEN – RECIPE CARD

VOLUNTEER CHEFS FROM THE REFUGEE & ASYLUM SEEKER COMMUNITY SHARE  
HOME COUNTRY RECIPES AND COOKING SKILLS WITH THEIR LOCAL COMMUNITY –  
PROMOTING UNITY AND NEW FRIENDSHIPS THROUGH FOOD



# CLOUD'S TOFU STEW

## INGREDIENTS

(SERVES 4)

- 1X WHITE ONION – CHOPPED INTO SMALL PIECES
- 2X LARGE TOMATOES – CHOPPED INTO SMALL PIECES
- 3X CLOVES OF GARLIC – CRUSHED
- 2X PACKETS OF SPINACH – WASHED AND ROUGHLY CHOPPED
- 250G FIRM TOFU – CHOPPED INTO SMALL PIECES
- SEASON ALL SEASONING – PAPRIKA AND PEPPERS (JARRED SPICE)
- SALT – TO TASTE
- VEGETABLE OIL – TO COOK WITH

## METHOD

1. IN A LARGE FRYING PAN, HEAT SOME VEGETABLE OIL AND ADD THE CHOPPED TOFU
2. STIR AND COOK UNTIL BROWNED
3. ADD THE CRUSHED GARLIC, STIR
4. ADD THE CHOPPED ONIONS, STIR AND COOK UNTIL BROWNED
5. ADD THE CHOPPED TOMATOES, STIR AND COOK UNTIL SOFTENED
6. ADD 1 TSP OF SEASON ALL SEASONING AND SALT, TO TASTE
7. REDUCE THE HEAT AND ADD THE SPINACH
8. STIR ALL TOGETHER AND SIMMER UNTIL THE SPINACH HAS WILTED
9. SERVE AND ENJOY!

SERVE WITH MAIZE MEAL (SADZA)