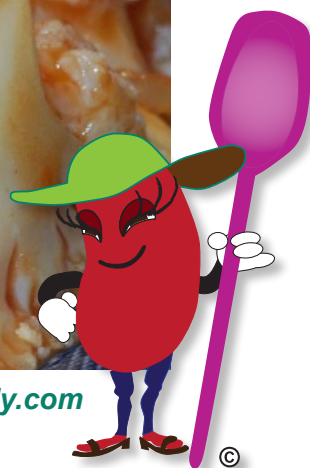


# Beans, Rice And Everything Nice

## Sweet and Sour Cauliflower



original recipe by [beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)



### Ingredients

*makes 6 servings*

1 small yellow onion, sliced  
2 cloves garlic, coarsely chopped  
2.5 cm (1 inch) fresh ginger, coarsely chopped  
1-796 ml (28 ounce) can no-salt-added diced tomatoes  
1-398 ml (14 ounce) can pineapple chunks in juice  
1-398 ml (14 ounce) can baby corn, drained and rinsed  
1 green pepper, cut into chunks  
1 small or 1/2 large cauliflower, cut into florets  
1-350 gram (about 12 ounces) package firm tofu, cubed  
1 cup water  
1/2 cup rice vinegar  
1/4 cup sugar or other sweetener  
2 Tablespoons cornstarch  
4 Tablespoons cold water

1. Heat a large pot or a large skillet with a lid over medium heat. Add the sliced onion, cover with a lid, and dry saute until cooked, about 3 minutes. Stir occasionally and add a splash of water as needed to prevent sticking. Stir in the garlic and ginger.
2. Add the diced tomatoes, pineapple and the juice, baby corn, tofu, cauliflower, green pepper and 1 cup of water. Stir to combine. Cover with the lid. Bring to a boil medium-high heat. Once boiling, reduce the heat to medium-low and simmer for 10 minutes.
3. After 10 minutes, stir in the vinegar and sugar. Let it simmer, uncovered, for a minute or so while you prepare the cornstarch slurry. In a small bowl, combine the cornstarch and cold water until smooth. Stir the slurry into the stew and simmer for 2 or 3 minutes, until thickened.
4. Serve over short or medium grain brown rice (Jasmine rice is lovely). Garnish with fresh bean sprouts.