

# Beans, Rice And Everything Nice

## Tofu Bolognese



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



### Ingredients

*makes 6–8 servings*

1-350 gm (almost a pound) package of firm tofu, frozen for 24 hours, thawed, and broken up  
1 small yellow onion, diced  
4 cloves garlic, minced  
1 bunch Swiss chard, stems chopped, leaves cut into ribbons  
1 teaspoon dried oregano  
1 teaspoon dried basil  
1 teaspoon dried thyme  
1/2 teaspoon fennel seeds  
1/8-1/4 teaspoon cayenne pepper  
2 Tablespoons gluten-free tamari  
1 Tablespoon balsamic vinegar  
1 cup vegetable stock or water  
1-125 ml jar capers, drained and rinsed  
1-798 ml (28 oz) can of crushed tomatoes  
1-798 ml (28 oz) can of diced tomatoes

1. Freeze the tofu in the package for at least 24 hours. Take it out of the freezer to thaw early on the day you intend to make this recipe. When the tofu has completely thawed, open the package, drain the tofu, and, using your hands, squeeze as much water out of the tofu as you can. Break it into small chunks (not crumbles) as you would for a tofu scramble and set aside.
2. Heat a large saucepan or deep skillet over medium heat. Add the onion and dry sauté until softened. Add the minced garlic and chard stems, along with a splash of water, and cook for 3 minutes.
3. Stir in the oregano, basil, thyme, fennel seed, and cayenne pepper. Add the tamari, balsamic vinegar, vegetable stock, and tofu. Stir to combine. Cover with a lid, and simmer for 5 minutes.
4. Add the crushed and diced tomatoes. Bring to a boil and simmer uncovered for 20 minutes.
5. Add the chard leaves, cover with a lid and steam for 4 minutes. Lift the lid and stir, evenly distributing the leaves. Serve over your favourite pasta (gluten-free or otherwise) and sprinkle with Vegan **Parmesan Sprinkles** if desired.