

TOFU PASTA PRIMAVERA

Wholesome pasta made with colourful veggies, hearty tofu, and a delicious homemade sauce. Easy to enjoy year-round.



Tofu Pasta Primavera



SERVINGS



PREP TIME



COOK TIME

Ingredients

225 g		whole wheat penne pasta
30 mL	(2 tbsp)	vegetable oil
750 mL	(3 cups)	tomatoes, diced
3 cloves		garlic, crushed
125 mL	(½ cup)	diced onion
1 lb	454 g	medium-firm tofu, diced
7 mL	(½ tbsp)	dried basil
2 mL	(½ tsp)	salt (optional)
500 mL	(2 cups)	lower sodium vegetable broth
375 mL	(1½ cups)	mixed frozen vegetables
60 mL	(¼ cup)	grated parmesan cheese (optional)



KIDS IN THE KITCHEN

Let kids take charge and help with mashing the tomatoes to make the sauce.



MIX IT UP

If you have cherry tomatoes on hand, use those instead of dicing tomatoes. They make a great substitution and save you some prep time.

Instructions

1. Bring a large pot of water to a boil and prepare pasta according to the package instructions. Drain and set aside.
2. In a large pan, heat vegetable oil over high heat. Add tomatoes and cook while stirring for 5 minutes or until tomatoes begin to soften.
3. Stir in garlic and onions and cook for 2 minutes or until softened while stirring.
4. Using a potato masher, gently smash the tomatoes to create a sauce.
5. Stir in tofu, basil, salt (optional), and vegetable broth. Bring to a simmer and cook for 10 minutes or until sauce has reduced by half.
6. Pour in frozen vegetables and cook for 6 to 8 minutes or until warmed through. You may add some water, 30 mL (2 tbsp) at a time to adjust the sauce to your desired consistency.
7. Add cooked penne to the pan and stir to coat with sauce. Top with parmesan cheese (optional).



CHEF'S TIP

Try this recipe with fresh spring vegetables like asparagus and peas. If these ingredients are not available, some of our favourite frozen vegetable blends are beans and broccoli or peas, carrots, and corn!



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