Coconut Brown Rice With Baked Tofu

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

YIELD: 64 oz.   **8 - 8oz. Servings**

Ingredients	Qty	Measure
Brown Rice	1	Pint
Water	1	Quart
Onion	1	Cup
Vegetable oil	¼	Cup
Coconut milk	2	Cans
Bay leaves	2	Each
Green cardamom pods (crushed)	3	Each
Cinnamon stick	1	Each
Firm tofu	14	oz
Cajun seasoning	1	Tbs
Soy sauce	2	tsp
Fresh garlic	1	tsp
Coconut (toasted)	1	Cup
Salt	2	tsp
Pepper	1	tsp

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Pour oil in pan, add onions, garlic, and rice. Cook till slightly brown.

2. Add water, bay leaves, cardamom and cinnamon stick. Cook till rice is tender. Remove from heat.

3. Stir in toasted coconut and coconut milk.

4. While rice is cooking, bake tofu in 350 degree oven with oil and cajun seasoning for 10 minutes.

5. Flip over, pour soy sauce over tofu and bake for 10 more minutes.

6. Add to rice.

7. Add salt and pepper and serve.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.
HACCP Critical Control Point: Hold at internal temperature of 135°F or above.
HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

8 oz. serving, garnish with 1 oz. of toasted coconut

Nutrition Information *From USDA Nutrient Database

Calories: 548   Total Fat: 39 g   Saturated Fat: 26 g   Carbohydrate: 45 g   Protein: 11 g   Sodium: 412 mg
Vitamin A: 0%   Vitamin C: 7%   Calcium: 14%   Iron: 22%