

Vegetable Fried Rice au Vin

1 Tbsp. olive oil
1 green pepper, diced
2–3 carrots, sliced
1 celery stalk, sliced
1 lb. extra firm tofu, cubed
or 2 cups reconstituted TVP chunks
5–6 cups greens, chopped
¼ cup fresh Thai basil, or to taste
1–2 tsp. olive oil
4 cups cooked rice, preferably brown
basmati

Sauce:

½ cup dry red wine
¼ cup water
2 tsp. cornstarch
1 Tbsp. dark miso
½ tsp. garlic powder
½ tsp. onion powder
½ tsp. thyme
Freshly ground black pepper, to taste

Sauté the green pepper, carrots and celery over medium heat for several minutes. Add tofu or TVP and cook for another 5–8 minutes, until browned.

Mix sauce ingredients and whisk until smooth. Pour about one-third of the sauce into the pan and stir until thickened. Place greens and basil on top of the mixture, cover and cook for 2–4 minutes or until greens are wilted. Remove from pan.

Heat remaining oil. Sauté rice, stirring frequently, until hot. Add remaining sauce mixture and stir until thickened. Fold in vegetables and stir until heated through. Serve immediately.

4 servings

Per serving (TVP): 413 calories; 19g protein; 8g fat; 64g carbohydrate; 0mg cholesterol

Per serving (tofu): 467 calories; 18g protein; 15g fat; 62g carbohydrate; 0mg cholesterol

Source: original recipe