

Cuban Rice and Beans

Serves 2-3

In a large flat pan with a lid turn heat on high heat and add:

1 container firm tofu (Nasoya or Trader Joes) that has had the water pressed out (cut slits in the plastic covering of the top and press the heel of your hand into the covering while turned upright to allow to drain. After pressed, cut tofu into cubes or triangles. Get it as dry as possible.

In a large non-stick pan, sauté tofu in a little olive or canola oil. Remove the tofu from the pan when golden on most sides (about 10 minutes of cooking). Try to stir it every minute. Or if you have big pieces of it, you can cook it on one side for 5 minutes, then flip and cook another 5 minutes. (Store canola oil if refrigerator when not in use.) Remove tofu for later.

In same pan sauté for 2 minutes:

- 3-4 cloves minced garlic
- 8 oz mushrooms sliced (or other vegetable)

Then add all at once:

- 3 cups water
- 2 cans (15 oz. each) black beans (rinsed)
- 1 eight ounce can tomato sauce
- 1 1/4 cups rice (brown or white)
- 3 Tablespoons tamari or soy sauce
- 1/4 tsp. salt
- 1/2 tsp. black pepper
- 1/2 tsp. red hot sauce (optional)
- 3 bay leaves
- pinch oregano
- pinch basil

Bring to a boil. Stir once, then simmer this mixture on very low for 10 minutes. Do not stir. Then add on top

- 16 oz. bag of frozen spinach

Do not stir. Simmer on very low for about 15 minutes.

Now stir. Return the fried tofu to the pan. Sometimes a layer might stick to the bottom, just leave it there if it burns, do not incorporate into the mixture. Remove bay leaves.

Serves 4 people.