

MAPO TOFU



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This recipe can be made in less than 30 minutes and costs less than \$5 per serving! Tofu is a healthy and affordable protein that is the star ingredient in this recipe.



INGREDIENTS

1-5 tbsp red chili powder (depends on how spicy you like it!)

2 tbsp oyster or hoisin or mushroom sauce

3 tbsp soy sauce

1-2 tsp ginger powder or diced ginger

1 block (16 oz) soft or silken tofu

2-3 stalks green onion (~1 cup chopped)

0.5 lb ground pork or other meat (optional)

9-10 pieces peppercorn, ground (or regular pepper)

1-2 tbsp cornstarch

2-3 tbsp cooking oil

3-4 cloves garlic, finely minced

DIRECTIONS

1. Chop the green onions into small 1cm pieces.
2. Prepare the sauce in a container or cup by combining the oyster/mushroom/hoisin sauce, red chili pepper, soy sauce, ground peppercorn with one cup of water.
3. Coat the bottom of a pan with oil. Add garlic and ginger and cook on low-medium heat until fragrant and the garlic is slightly brown.
4. If cooking with meat, add ground meat to the pan. Break up the meat into very small pieces with a wooden spoon or spatula. Once the meat is golden brown or near fully cooked, add the sauce and sauté for 1-2 minutes. Then, add onions and cook for 2-3 minutes.
5. If not cooking with meat, add the green onion into the oil, ginger, and garlic and cook until fragrant. Then, add the mapo sauce to the onions and sauté for 1 minute.
6. Cut up tofu into small squares or rectangular chunks and add to the pan. Mix and add another 1-2 cups of water to the pan.
7. Cook on medium heat for 10-15 minutes.
8. Turn the heat to low, in a separate bowl, combine the cornstarch and 3 tablespoons of water and mix well. Pour in the cornstarch solution and let simmer for 1 minute.
9. Let cool and serve!

RESOURCES



BU Food Pantry



Thoughtful
Eating Toolkit