

Monthly
prize drawings!
Eat 40% Local
Facebook



Simply Seasonal

Tomatillo Stew

Printing courtesy of First Alternative Co-op • firstalt.coop

Tomatillo Stew

Ingredients

- *1 ½ lbs tomatillos
- *1 jalapeño, chopped, with stem, seed and veins removed
- *3 cloves garlic, minced, divided
- 1 tsp salt
- 2 Tbsp lime juice
- ¼ tsp sugar
- *2 lbs tofu, cut into 1" cubes
- Salt & pepper
- 3 Tbsp olive oil, divided
- *1 yellow onion, chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 ½ cups veggie stock
- *1 Tbsp fresh oregano, chopped
- *½ cup chopped cilantro
- 3 Tbsp arrowroot (optional)
- 2 Tbsp water (optional)
- *Sour cream and avocado slices, for garnish

Directions

Remove papery skins from tomatillos. Cut tomatillos in ½ & place upside down on baking sheet. Broil until skins begin to blacken. Place tomatillos in plastic bag and let sit for 15-20 minutes. Remove skins & core; place in blender with jalapeno, 1 clove garlic, 1 tsp salt and lime juice. Blend until semi-smooth. Set aside.

Heat 2 Tbsp olive oil in a large saucepan. Add tofu and brown. Season with salt & pepper. Remove tofu and add 1 Tbsp olive oil to pan. Add onion, garlic, cumin & coriander. Cook until onions are softened. Add tofu, tomatillo sauce, veggie stock, and oregano. Bring to a boil, reduce heat to simmer. Cook, partially covered, for 20 minutes until. Add cilantro just before serving.

If you desire a thicker stew, mix arrowroot with cold water and stir into stew. Boil gently for 1-2 minutes. Serve over rice, accompanied with sour cream and avocado slices.

*can be found locally

Brought to you by the Corvallis Sustainability Coalition
sustainablecorvallis.org