**Tofu with broccoli and peanut sauce over rice**

(psssst... We're making N\*rthstar buddha bowls)...

Please have all ingredients and equipment out, and vegetables washed before we start at 1pm. If you think of it in the morning or anytime before class, soak the rice and take the tofu out of its container and wrap in a towel. No problem if not, we will cover everything together

Ingredients

1 package extra firm tofu

1 head broccoli

2 carrots

1 cup jasmine or other short grain rice

1 bunch scallion (for garnish)

2 tbsp peanut oil or coconut oil (or other high heat oil)

For sauce (from Deborah Madison, vegetarian cooking for everyone)

3 Tbsp peanut butter (all natural, unsweetened)

2 Tbsp rice wine vinegar

1 Tbsp chopped cilantro

1 clove garlic, minced

2 tsp tamari or soy sauce

1 tsp brown sugar or honey

1/2 tsp chili oil (or chili garlic sauce) - or 1/8 tsp cayenne with 1/2 tsp olive oil

Up to 1/4 cup warm water to thin sauce to desired consistency

Salt and pepper as desired

Equipment

Cast iron skillet preferable or non-stick for tofu

Pot with steamer insert or you can use a metal colander placed in pot

Saucepan for rice

Blender or small processer (optional)

Tongs or spatula for turning tofu