

## TOFU AND MUSHROOM STEW



Category: Vegetarian main courses

Created: on 2021-12-21  
 Qualified by: Supercook CL  
 Suggested by: Kitchen Center Chile  
 Total preparation time: 15:15 Minutes

Suitable for machine:  
 - Supercook SC350  
 - Supercook SC400

### INGREDIENTS FOR 8 SERVES

	<b>1</b>	leek slice into 3 cm pieces (without the green part)
	<b>2 clove</b>	garlic
	<b>50 milliliter</b>	olive oil
	<b>1</b>	tomato cut into quarters
	<b>50 milliliter</b>	white wine
	<b>1</b>	crumbled vegetable stock cube
	<b>3</b>	medium zucchini cut into 3x3 cm cubes
	<b>2</b>	thinly sliced carrots
	<b>200 gram</b>	mushrooms, quartered
	<b>400 gram</b>	cubed tofu
	<b>10 leaf</b>	basil
	<b>2 tablespoon 15ml</b>	oregano
		salt and pepper to taste

### STEP BY STEP - PREPARATION

To see the full recipe, please [log in](#).