

TOFU AND MUSHROOM STEW



Category: Vegetarian main courses

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 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

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

STEP BY STEP - PREPARATION

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