



## Tofu, Tempeh, and Butternut Squash in Slow-Cooked Peanut Mole

 Vegetarian  Dairy Free

READY IN



210 min.

SERVINGS



6

CALORIES



248 kcal

SIDE DISH

### Ingredients

- 3 allspice (or)
- 0.5 teaspoon ancho chili powder
- 3 peppercorns black (or)
- 1 pepper flakes dried
- 0.5 chipotles in adobo canned
- 1 cinnamon sticks
- 1 cup canned tomatoes diced fire roasted

- 1 slice bread gluten-free whole wheat french (or bread)
- 3 cloves garlic minced
- 1 onion chopped
- 0.3 cup roasted peanuts (or)
- 14 ounces mayonnaise frozen for at least 24 hours and defrosted
- 0.5 teaspoon salt
- 1 teaspoon sugar
- 1.5 cups vegetable stock hot

## Equipment

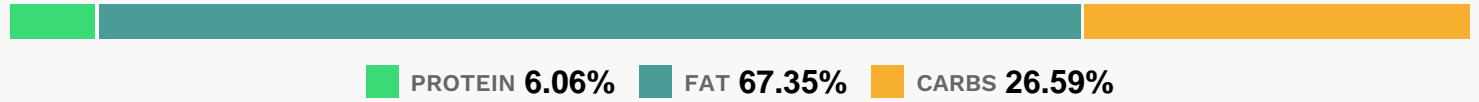
- bowl
- frying pan
- blender
- slow cooker

## Directions

- Cut the dried pepper in half and remove the seeds and stem. Chop it into small pieces and put them in a bowl. Cover with 1/2 cup of the vegetable broth and set aside to soften for about 1/2 an hour.
- Place the spices in a spice or coffee grinder and grind to a powder. (If you don't have whole spices, use ground ones in the amount specified and mix them in a small bowl.) In a small skillet, saute the onion until it begins to brown, about 5 to 10 minutes.
- Add the garlic and cook for one minute more.
- Transfer the onion-garlic mixture, ground spices, chile pepper and its broth, tomatoes, and remaining broth to the blender.
- Add the salt, ancho chile powder (optional), peanut butter, bread, and chipotle pepper. Blend until the mixture is nearly smooth.
- Cut the tofu into slices about 3/4 to 1 inch thick. Squeeze each slice between the palms of your hands until all the water is removed.
- Cut the slices into cubes. Spray the bottom of the slow cooker with non-stick spray.

- Spread the tofu, tempeh, and squash on the bottom of the cooker and pour the blender contents over them. Stir to make sure sauce covers all surfaces. Cover tightly and cook on low for 3–6 hours, until sauce is thick and squash is tender. Before serving, check sauce and stir in the sugar, if you like, and salt to taste.
- Serve over rice or in tortillas.

## Nutrition Facts



## Properties

Glycemic Index:54.63, Glycemic Load:2.78, Inflammation Score:-5, Nutrition Score:7.3378261897875%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

## Nutrients (% of daily need)

Calories: 248.22kcal (12.41%), Fat: 18.97g (29.19%), Saturated Fat: 2.95g (18.42%), Carbohydrates: 16.85g (5.62%), Net Carbohydrates: 14.64g (5.32%), Sugar: 6.09g (6.76%), Cholesterol: 10.58mg (3.53%), Sodium: 1104.29mg (48.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.68%), Vitamin K: 37.34µg (35.56%), Manganese: 0.43mg (21.36%), Vitamin C: 13.43mg (16.28%), Vitamin E: 1.59mg (10.61%), Vitamin A: 468.51IU (9.37%), Fiber: 2.21g (8.86%), Vitamin B3: 1.63mg (8.16%), Phosphorus: 59.18mg (5.92%), Selenium: 4.07µg (5.82%), Folate: 22.19µg (5.55%), Vitamin B6: 0.11mg (5.52%), Magnesium: 21.55mg (5.39%), Iron: 0.94mg (5.21%), Copper: 0.1mg (4.96%), Calcium: 45.97mg (4.6%), Vitamin B1: 0.07mg (4.51%), Potassium: 153.96mg (4.4%), Vitamin B5: 0.24mg (2.4%), Zinc: 0.34mg (2.3%), Vitamin B2: 0.03mg (1.99%)