



# Easy Tofu Tomato Pasta With Vegetables

★★★★★

This **tofu tomato pasta sauce** is packed with veggies, fiber, and plant-based protein! It's such a quick, go-to weeknight dinner idea and is an awesome way to clear out the fridge. Feel free to customize it (see ideas

in notes)! Recipe is vegan + can be made gluten-free.

<b>Course</b>	<a href="#">Main Course</a>
<b>Cuisine</b>	Mediterranean
<b>Diet</b>	<a href="#">Low Lactose</a> , <a href="#">Vegan</a> , <a href="#">Vegetarian</a>
<b>Keyword</b>	pasta, pasta sauce, tofu, tomato sauce
<b>Prep Time</b>	10 minutes
<b>Cook Time</b>	20 minutes
<b>Total Time</b>	30 minutes
<b>Servings</b>	4
<b>Calories</b>	389kcal
<b>Author</b>	<a href="#">Carrie Walder</a>

## Ingredients

- Approx. 225 grams pasta of choice (roughly 8 ounces - enough for 4!)
- 1 pack firm or extra firm tofu (roughly 350g or 12 ounces)
- 2 Tbsp [olive oil](#)
- 2 cloves garlic, minced
- 1 large bell pepper, cored + chopped
- 1 tsp [smoked paprika](#)
- 1/2 tsp [chili powder](#)
- 2 cups spinach
- 3 cups [tomato sauce](#)
- 1/4 cup parsley, chopped
- Salt + pepper, to taste
- Optional garnish: fresh basil, parmesan or vegan alternative

## Instructions

1. Bring a pot of water to a boil and cook pasta according to package instructions.
2. While waiting for water to boil, crumble tofu: remove from packaging and drain liquid. Wrap in paper towel, then gently press out excess water. Over a large bowl, use your hands to tear block of tofu into smaller chunks. Then, squeeze those chunks into even smaller pieces, until the entire block is "crumbled." (*see pics or recipe video for reference!*)
3. Heat olive oil in a large, deep pan over medium-high heat. Add minced garlic and sauté until fragrant, about 2 mins.
4. Then, add in chopped bell peppers (or other veggies if using). Sauté for about 5 mins.
5. Add in crumbled tofu, smoked paprika, chili powder, salt, and pepper. Stir and cook for another 5 mins.

6. Then, add in spinach (or other leafy green), tomato sauce, and chopped parsley. Stir well and allow to simmer for 5 mins.
7. Drain pasta and add to sauce. Stir to combine before removing from heat.
8. Serve pasta into bowl and top with additional garnish, if desired. I love some chopped basil and freshly grated parmesan :)

## Notes

**\*RECIPE MODIFICATIONS:** This recipe is SO easy to customize based on what you have on hand. In fact, it's encouraged :)

- You can use all kinds of different veggies in place (or in addition to) peppers + spinach. Just go for options that you can easily sauté on the stovetop. Some of my favourites include chopped mushrooms, peppers, carrots, broccoli, zucchini, and other leafy greens (like kale or Swiss chard).
- Feel free to use different kinds of homemade or store-bought tomato sauce. My go-to is usually a marinara.
- You can top this recipe with parmesan (if you eat cheese) OR nutritional yeast OR a vegan parmesan alternative. If you want to experiment with other cheeses - go for it!
- Feel free to experiment with different spices here. I LOVE smoked paprika and chili powder for this one, but you could go a more Italian route and use dried basil, thyme, and/or oregano.
- You can use any type of pasta with this recipe, from short shapes to spaghetti!
- If you're gluten-free, be sure to use a [gluten-free pasta](#) as needed. Also, double check that the tomato sauce you're using is certified gluten-free as well. Otherwise, the rest of the ingredients are naturally GF.

**\*LEFTOVERS & REHEATING:** Leftovers of this recipe will keep for about 4-5 days in an airtight [container](#) in the fridge. Simply reheat it on the stovetop or in the microwave. It keeps really well and I love making a large batch of this to eat for a couple meals.

## Nutrition

Calories: 389kcal | Carbohydrates: 58g | Protein: 18g | Fat: 11g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 6g | Sodium: 957mg | Potassium: 1037mg | Fiber: 6g | Sugar: 11g | Vitamin A: 4122IU | Vitamin C: 75mg | Calcium: 96mg | Iron: 5mg