

Quick Vegan Shakshuka with Chard

Prep Time 10 mins
 Total Time 20 mins
 Meal Type Breakfast,Lunch,Dinner
 Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 3



Ingredients

lb,c g,ml

- 1 1/2 lb tomato sauce (Raos' is our favorite brand)
- 1 Tbs olive oil
- 8 cup chard, *chopped*
- 1/2 cup basil, fresh, *chopped* (optional)
- salt, *to taste*
- black pepper, *to taste*
- 1 (14-oz.) tofu block, *sliced into 1" thick blocks*
- 1/4 tsp crushed red pepper (optional)

Directions

Prep

1. Chop chard.
2. Cube tofu OR using a round cookie or biscuit cutter, create tofu "eggs" by punching out shapes from tofu slices.

Make

1. Heat olive oil in a 12-inch non-stick skillet with sides over medium heat. Add chard and sauté until softened and bright green - about 2 minutes. Reduce heat to low.
2. Add tomato sauce and stir.
3. Make 6 wells and drop tofu circles into wells. Make sure heat is low then cover and cook until tofu is warmed through.
4. If you prefer, you can crumble the tofu into shakshuka too.
5. Season with salt and pepper and top with fresh basil and crushed red pepper if desired.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	265	Total Fat 19.0g	29%	Total Carbohydrates 15g	4%
		Saturated Fat 3.0g	14%	Dietary Fiber 3g	13%
		Trans Fat 0.0g		Total Sugars 8g	
		Cholesterol 62mg	20%	Protein 8g	
		Sodium 990mg	43%		
Vitamin D 0mcg 3% · Calcium 102mg 10% · Iron 3mg 14% · Potassium 1070mg 22%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[- Show all nutrients -](#)