



Mediterranean SooFoo™

A satisfying and delicious entree or side dish.
- Submitted by Meli Cook

25 min prep | 50 min total
Serves 6

Ingredients:

3 cups cooked SooFoo™
(Cook 1 ½ cups of SooFoo in 3 cups of vegetable broth for 45-50 minutes or until all the liquid has been absorbed)
1-2 Tablespoons of olive oil
1 large garlic clove, chopped
1 medium onion, chopped
2 large celery stalks, sliced
1 teaspoon of dried oregano
1 teaspoon of dried thyme
½ teaspoon of dried basil
½ teaspoon of turmeric
1 medium red or green bell pepper, chopped
2 tomatoes, diced, or 1 (14.5 oz) can of diced tomatoes, drained
1 Tablespoon of tomato paste
Optional - 1 small can of sliced black olives
Salt and Pepper

Instructions:

1. Using a large pan, sauté the onions and garlic in 1-2 Tablespoons of olive oil for 4-6 minutes.
2. Toss in bell pepper, celery, oregano, thyme, basil and turmeric and cook for 3-5 more minutes.
3. Stir in diced tomatoes and tomato paste. If using fresh tomatoes, sauté a few extra minutes.
(Optional – add olives too.)
4. Add SooFoo to the mixture and stir well.
5. Add salt and pepper to taste.