



## Buffalo Skillet

Cook Time: 20 Minutes

Natural tofu seasoned and cooked with rice, celery and carrots, then topped with hot sauce and crumbled blue cheese.

### Ingredients:

Tofu, Carrots, Celery, Rice, Seasoning, Blue Cheese, Mild Hot Sauce

### Things You May Need:

Medium Pot

Skillet

Sharp Knife

Cutting Board

Ingredients are subject to  
availability

# Buffalo Skillet

## Ingredients:

tofu

rice

cauliflower

carrots

celery

buffalo seasoning

blue cheese crumbles

hot sauce

## Instructions:

1. Chop the cauliflower into bite-size pieces. Scrub and slice the carrots and celery.
2. Add oil to a medium, lidded pot or skillet, over medium heat. Add rice, buffalo seasoning, salt & pepper, chopped cauliflower, carrots and celery, sauté for about 2-3 minutes. Add 2 1/2 cups water and bring to a rapid boil. Lower temperature, cover and simmer 15-20 minutes, until rice and veggies are tender and most of the liquid is gone.
3. Next, stir in desired amount of hot sauce. Mix well and taste for seasoning.
4. Sprinkle with blue cheese crumbles and serve in bowls. Enjoy!