

## Tofu and Cabbage Stew A Cozy, Flavorful Vegan Meal

dish that's easy to pull together, this



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

- 1 block firm or extra-firm tofu, drained and sliced
- 1 tbsp oil (neutral like canola or avocado)
- 1 medium onion, sliced
- 3 cloves garlic, minced
- 1-inch ginger, grated
- 3 stalks Chinese cabbage (Napa or Bok Choy), chopped
- $\frac{1}{2}$  cup sliced carrots
- ... cup dried mushrooms, rehydrated (optional)
- 2 tbsp light soy sauce
- 1 tbsp vegan oyster sauce or vegetarian stir-fry sauce
- 1 tsp sesame oil
- 1 cup vegetable stock
- 1 tbsp cornstarch, mixed with 2 tbsp water (slurry)
- Salt and pepper, to taste
- Optional: chili oil and chopped scallions, for garnish

### DIRECTIONS

1. **Crisp the Tofu:** Heat oil in a large pan over medium heat.
2. Add tofu slices and pan-fry until golden brown on all sides (about 6-8 minutes).
3. Remove tofu and set aside.
4. **SautØ the Aromatics:** In the same pan, add onion, garlic, and ginger.
5. Cook until fragrant and translucent, about 3-4 minutes.
6. **Cook the Veggies:** Stir in cabbage, carrots, and rehydrated mushrooms (if using).
7. SautØ for about 5 minutes, until cabbage begins to wilt.
8. **Season and Simmer:** Add soy sauce, vegan oyster sauce, and sesame oil.
9. Pour in vegetable stock, bring to a simmer.
10. **Add Tofu and Thicken:** Return tofu to the pan.
11. Stir in cornstarch slurry, cooking for another 2-3 minutes until thickened.
12. Season with salt and pepper to taste.
13. **Garnish and Serve:** Drizzle with chili oil and sprinkle with chopped scallions.
14. Serve hot with steamed rice, noodles, or crusty bread.

### SWAPS & NOTES

Tofu: Use super-firm tofu for less pressing, or try pan-fried tempeh.

Cabbage: Napa cabbage melts into the stew, but green cabbage works too.

Mushrooms: Dried shiitake or wood ear mushrooms add texture and depth.

Stock: Add miso paste for extra umami, or use mushroom broth for earthy flavor.

## TIPS FOR SUCCESS

Drain tofu well before frying for maximum crispiness.

Rehydrate dried mushrooms in warm water for 15-20 minutes, then slice.

Adjust seasoning after adding stock-it intensifies during simmering.

For extra protein, toss in a handful of edamame or chickpeas. ?

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/tofu-and-cabbage-stew-a-cozy-flavorful-vegan-meal/>