

Portabellas, Tofu and/ or Veggie Balls with Curried Pear Sauce

Great aromas and taste

Found this one in a cookbook and modified it a bit. I like to have it with wild rice. This is the vegetarian version of [Pork Chops with Pears](#)

Quantity	Ingredients	Preparation Notes
1	Firm, ripe Bosc , Bartlett or Anjou Pear	• Peel, core and cut pear into chunks
1/4 Cup	Dried Apricots (2 oz)	• Cut apricots into chunks
3 Tbsp	Dark Seedless Raisins	• In a bowl, put together pears, apricots, raisins, pear nectar, and lemon juice. Set aside
1 Can	Pear Nectar (5 1/2 oz)	• Combine salt, pepper, curry powder and flour in small bowl and put on plate for coating portabellas, tofu and or veggie balls.
1 Tbsp	Lemon Juice	• Heat oil in large skillet
2 tsp	Cooking Oil	• Coat portabellas, tofu, and or veggie balls in flour/curry mixture and place in oil
4 +	Portabella caps, tofu slices and or veggie balls	• Brown portabellas, tofu, and or veggie balls on both sides and put into 9 x 9 baking dish
1/4 tsp	Salt	• Once portabellas, tofu and or veggie balls are removed from oil, put in onion, and garlic and brown until onions are somewhat transparent.
1/4 tsp	Pepper	• Put in the remaining flour mixture from plate and heat stirring constantly.
1	Large Onion - finely chopped	• Add the water, stirring constantly - It will thicken quickly.
1	Clove garlic, finely chopped (may use minced garlic)	• Add the pear mixture and heat through.
1 Tbsp	Curry Powder	• Pour the heated pear mixture over the portabellas, tofu and or veggie balls then cover with aluminum foil.
1/3 Cup	Flour	• Bake at 375 degrees for 20 minutes. Uncover and continue cooking for 15 minutes or until everything is cooked through.
3/4 Cup	Water	