



GINGER GARLIC TOFU AND VEGETABLE STIR FRY

SERVINGS: 5

SERVING SIZE: 1 CUP

PREPPING TIME: 20 MIN

COOKING TIME: 12 MIN

INGREDIENTS

- 1 lb. tofu, drained, pressed, and cut into small cubes
- 2 tsp. vegetable oil
- 1 small onion, thinly sliced
- 2 garlic cloves, chopped
- 1 Tbsp. ginger, peeled and finely chopped
- 3 cups broccoli florets
- 2 carrots, peeled and thinly sliced into rounds
- 1 bell pepper, sliced
- ½ cup water
- 2 Tbsp. low-sodium soy sauce

Tofu Marinade (optional)*

4 Tbsp. low-sodium soy sauce

3 Tbsp. rice vinegar

1 tsp. sesame oil

2 garlic cloves, minced

1 Tbsp. ginger, grated

DIRECTIONS

1. Drain tofu and press between heavy items.
2. If desired, combine all ingredients for marinade* in a bowl. Add tofu and allow to marinate for at least 1 hour or overnight.
3. Heat oil in a large frying pan.
4. Add tofu and sear on first side.
5. Flip tofu and sear on other side. Remove from pan and set aside.
6. Add onions and cook for 2 minutes. Add garlic and ginger and cook for another minute.
7. Add broccoli, carrots, and water. Cover and steam for 3 minutes, stirring often.
8. Add bell pepper, tofu, and soy sauce. Cook for 3 more minutes or until vegetables are tender, stirring often.
9. Remove from heat and serve alone or over rice.

NOTES:

Stir fries are a great way to use up leftover vegetables.

Recipe adapted from Just Say Yes to Fruits and Vegetables: <https://bit.ly/3h0yRe5>

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