



Tofu Stir Fry

Ingredients

1. 14 ounce package firm or extra-firm tofu
2. 2 cups roughly chopped green beans (Veggies can be store bought variety bag or frozen to save time)
3. 1 cup diced carrots or red pepper
4. 2 Tbsp toasted sesame oil for sautéing (or peanut oil)
5. Rice or cauliflower rice or noodles if desired
6. House of Tsaiing classic stir fry sauce or similar works if not interested in custom sauce
7. Custom Sauce Ingredients:
 8. 1/4 cup low-sodium soy sauce (can be gluten free if desired)
 9. 1 Tbsp grated ginger
 10. 1 Tbsp cornstarch
 11. 2 Tbsp brown sugar (less if less sweet desired)
 12. 1 Tbsp maple syrup or honey reduce for less sweet)

Serves: 2-4

Instructions

1. Preheat oven to 400 degrees F.
2. Remove tofu from package, place over folded paper towel and add additional folded paper towel on top of tofu. Place weighty object like casserole dish on top of towels and tofu. Allow 15 minutes for towels to absorb water and repeat 1 or 2 times (if time allows, not crucial). Tofu press also can be used.
3. Cut tofu into 1 inch thick rectangles (see photo).
4. Add parchment paper to baking sheet or lightly grease sheet so that tofu doesn't stick. Add tofu to baking sheet.
5. Bake tofu for 20-30 minutes. Flip tofu midway through. Cook longer for tougher consistency.
6. If using rice, can begin cooking at this point or before.
7. Once done, add sesame oil or similar to large skillet and begin cooking raw or frozen vegetables over medium high heat, ensuring vegetables are coated in oil (microwave can be used for frozen vegetables).
8. For custom sauce: mix ingredients together with spoon or whisk in a bowl.
9. After 7 minutes of stirring constantly, or once vegetables are softened, add custom or off the shelf stir fry sauce.
10. Finally add tofu to large skillet and ensure cubes are fully coated with sauce.
11. Cook for 3-10 minutes until desired doneness.
12. Serve over rice or noodles.

Prep Time: 1 hour