



## Tofu Stir-Fry

### Ingredients

Extra firm tofu  
Vegetable of your choice: (mushrooms, green beans, broccoli, bell peppers, onions, carrots)  
Fresh garlic  
Fresh ginger  
Onion powder  
Corn starch  
Soy sauce or tamari  
Rice wine vinegar  
Hoisin sauce  
Sesame oil  
Red pepper flakes  
Brown sugar  
Vegetable oil  
Jasmine or Basmati rice

### Prepare the Tofu

Drain and press the extra firm tofu. Cut into small cubes and coat with corn starch. Fry in wok or sauté pan until crispy golden brown then set aside.

### Sauce ingredients

½ cup soy sauce or tamari  
½ cup hoisin sauce  
⅓ cup rice vinegar  
½ cup brown sugar  
2 teaspoons minced garlic  
½ teaspoon ground ginger  
¼ teaspoon crushed red pepper flakes - see note  
⅓ cup cold water  
1 tablespoon corn starch  
Mix all ingredients together and set aside

### Instructions

Heat a wok or large sauté pan over medium high heat until hot, add vegetable oil add aromatics (fresh garlic and ginger) cook for about 1 minute. Add vegetables and stir fry over medium high heat stirring constantly. Add stir fry sauce and tofu. Continue to stir until tofu and vegetables are coated in sauce and sauce thickens. Serve over rice.