

# Tofu & Veggie Stir Fry\*

4 SERVINGS 40 MINUTES



## INGREDIENTS

- 1 cup Brown Rice (uncooked)
- 1 1/16 lbs Tofu (extra firm, drained and cubed)
- 1/4 cup Tamari
- 3/4 tsp Coconut Aminos
- 1/3 cup Water (plus more if needed)
- 2 tsps Sesame Oil
- 2 tbsps Coconut Oil
- 3 Carrot (sliced)
- 1 Red Bell Pepper (chopped)
- 2 Garlic (cloves, minced)
- 1 cup Broccoli (Cut into bite size pieces)
- 1 tsp Ginger (fresh, minced)
- 8 ozs Portobello Mushroom (sliced)
- 1/2 cup Frozen Peas
- 1 tbsp Sesame Seeds (optional, for garnish)
- 3 stalks Green Onion (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	446	Sodium	1093mg
Fat	19g	Vitamin A	9497IU
Saturated	8g	Vitamin C	65mg
Carbs	53g	Calcium	413mg
Fiber	8g	Iron	5mg

## DIRECTIONS

- 01 Cook the brown rice according to package directions.
- 02 In a bowl add the tofu along with half the tamari and half the coconut aminos. Let it marinate for 5 to 10 minutes.
- 03 Heat a skillet over medium heat. Add the tofu along with the marinade and fry for 7 to 9 minutes, until crispy and cooked through. Remove the tofu and set aside.
- 04 In the same skillet, add the all of the vegetables, except broccoli. Cook for 4 to 5 minutes. Add water as needed to allow the veggies to cook until softened. About 3 to 4 minutes.
- 05 Add the tofu back to the skillet and broccoli. Pour remaining tamari and coconut aminos over top. Cook for 1 minute more, then remove from heat. Divide the rice onto plates, top with the stir fry, green onions and sesame seeds, if using, and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### ADDITIONAL TOPPING

Add more veggies such as cauliflower or water chestnuts.

### NO BROWN RICE

Serve over cauliflower rice or rice noodles instead.

### NO TAMARI

Use low sodium soy sauce instead.

### NO COCONUT AMINOS

Use Tamari or low sodium soy sauce and squeeze juice from half a lime.

Sugar 8g Vitamin K 54µg  
Protein 22g Magnesium 139mg

#### TOFU

I used the brand Hodo. It was spicy harissa cubes and I skipped soaking the tofu step.

#### MORE SPICE

Sprinkle with red pepper flakes.