



Savory Stir-Fried Vegetables & Tofu

INGREDIENTS

- 1 cup brown rice
- 2 cups water
- 2 tsp low-sodium soy sauce
- 2 tsp sesame oil
- 1/4 tsp sugar
- 1/2 cup onions
- 1/2 cup carrots
- 1 block extra-firm tofu
- 1/2 cup red peppers
- 6 Thai red chilies (optional)
- 1 tbsp ginger
- 1 tbsp garlic
- 2 green onions
- 1/2 cup bean sprouts
- 1 tsp sesame seeds
- 1/4 cup peanuts (optional)
- 2 to 3 dried red chilies

METHOD

- 1** First, cook the brown rice according to the package instructions using 1 cup brown rice and 2 cups water.
- 2** Next, prepare the sauce. In a small bowl, mix the low-sodium soy sauce, sesame oil, and sugar. Set aside.
- 3** Then prepare the vegetables and tofu. Slice the onions. Cut the carrots and red peppers into thin matchstick-size strips. Dice the pressed extra-firm tofu. Thinly slice the Thai red chilies into rounds. Mince the ginger and garlic. Cut the green onions into thin strips about 2 inches long. Measure the bean sprouts, sesame seeds, peanuts (if using), and dried red chilies. Set everything aside.
- 4** Heat a wok or large frying pan over high heat. Stir-fry the dried red chilies for a few seconds. Then add the onions. Next add the carrots, followed by the extra-firm tofu. Continue with the red peppers and Thai red chilies. Finally add the ginger and garlic.

TIPS & ADDITIONAL INFORMATION

To press tofu, drain it, wrap it in a clean towel, place it on a flat surface, add weight, and let sit for 15–30 minutes. This removes excess moisture and improves texture when cooking.



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METHOD (continued)

3 Add the prepared sauce. Toss well to coat the vegetables and tofu. Next add the green onions, sesame seeds, and peanuts (if using). Toss again to combine and heat through. Add a small amount of oil during stir-frying if needed.

Serve the stir-fried vegetables and tofu immediately with the cooked brown rice.