

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 TOPPINGS

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.