

Tofu & Veggie Stir-fry Recipe



PREP TIME:
15 MINUTES

COOK TIME:
15 MINUTES

TOTAL TIME:
30 MINUTES

Author: Christi Davis

Recipe type: Gluten & Dairy-Free

Yield: 4 Servings

Tofu Ingredients:

- 1 – 8 oz. Package Organic Firm Tofu - Cubed
- 3 TBSP. Organic Cornstarch
- 3 TBSP. Extra Virgin Olive Oil
- ½ TSP. Ginger Powder
- 1 TSP. Garlic Powder
- Salt & Pepper to taste

Veggie Stir-fry Ingredients:

- ¼ Red Onion – sliced thin
- 2 TBSP Extra Virgin Olive Oil
- 1 Package Baby Portabella (or button) mushrooms – stems trimmed – quarter mushrooms
- 1 Package Shitake Mushrooms – stems trimmed – quarter mushrooms
- 1 Head Broccoli – chopped into bite-sized pieces
- 1 Cup Chopped Carrots
- 1-2 Cups Baby Spinach
- 8-12 oz. Vegetable Broth
- 3-4 TBSP Organic Tamari Sauce (Gluten Free Soy Sauce)
- 2-3 TBSP Coconut Aminos

Tofu Instructions:

1. Dry off tofu with paper towels then cut into bite sized cubes.
2. Place tofu cubes in large mixing bowl. Add cornstarch and mix until coated.

3. Add olive oil to pan and heat first prior to adding tofu – want it to sizzle when placed in pan.
4. Once tofu is added and starts to brown – sprinkle with ginger and garlic powders.
5. Add salt and pepper as desired.
6. Cook 12-15 minutes until brown crispy coating forms. Set aside.

Veggie Stir-fry Instructions:

1. In a wok or large sauté pan, add olive oil and onion. Cook until starts to soften. 3-5 minutes.
2. Add carrots cooking for 5-7 minutes – then add broth to speed up cooking process.
3. Add broccoli, then add both mushroom varieties. Keep veggies firm so not overcooked.
4. Add Tamari and Coconut Aminos.
5. Remove from heat and add spinach – once mixed in with cooked veggies it will wilt (but retain a lot of its original nutrients).

**Try and use all organic ingredients when possible.*