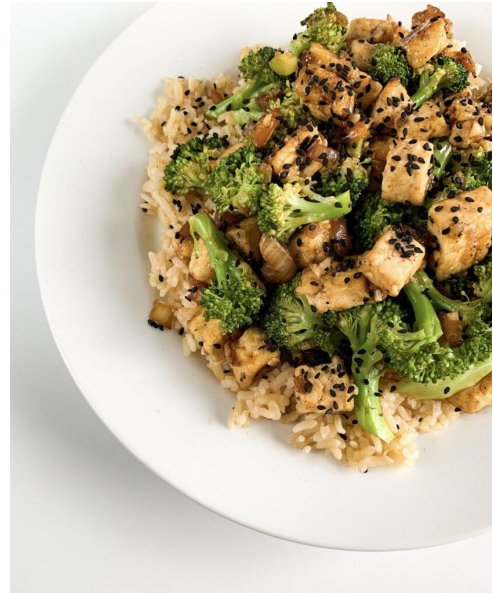


STIR FRY TOFU & BROCCOLI

Serves: 4

ingredients

- 1, 8 oz block organic firm tofu
- 1 heavy tablespoon cornstarch
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 bell pepper, any color, diced or sliced
- ½ medium onion, diced
- 1 tablespoon high-heat oil (such as avocado oil)
- 3 cups broccoli, chopped
- 2 cups brown rice
 - Vegetable broth for cooking, optional



sauce ingredients

- 6 cloves garlic, minced
- 2 tablespoons pure maple syrup
- 2 teaspoons sriracha, or chili sauce
- 2 tablespoons low sodium soy sauce or coconut aminos
- 2 teaspoons toasted sesame oil
- ½ tablespoon cornstarch
- ¼-½ teaspoon salt, or to taste

suggested toppings

- Black or white sesame seeds
- Minced green onion



directions

Start by draining and pressing your tofu. If you aren't sure how to do this, here's a [quick video to show you how](#). I press mine for about 10-15 minutes.

Start cooking the brown rice according to the package instructions. I like to cook mine in our [Instant Pot](#) with vegetable broth for more flavor.

Heat a large stir fry pan over medium high heat. Also, grab a soup pot and fill it with 1-2 inches of water (this is to steam the broccoli) and heat to medium high heat. If you aren't sure how to steam broccoli, here is a [quick video](#) to show you how.

(Don't have a steamer basket? No worries! Here's another video to show you how!)

While the tofu is being pressed, diced (or slice) your pepper and onion. Cut and wash your broccoli. Create the sauce by adding all sauce ingredients to a small dish and mix together well.

When the fry pan is hot, add 1 tablespoon high heat oil.

After 10-15 minutes, dice the tofu into smaller, uniform pieces. Season with ½ teaspoon salt and ¼ teaspoon pepper. Add the seasoned tofu to the heated stir fry pan.

Allow the tofu to "fry" for about 3 minutes on each side, until reaching your desired golden brown. Set the cooked tofu aside.

Add the diced pepper and onion to the hot stir fry pan (the same one you used for the tofu). While this is cooking, add your broccoli to your steamer basket, and steam for 5 minutes, or until reaching desired doneness.

Allow the pepper and onion to cook down until slightly caramelized, about 5-7 minutes. Add the cooked tofu and prepared sauce to the pan. Mix together well.

Once the broccoli is cooked, add to the tofu and veggie mixture and mix well.

Serve the stir fry over a bed of brown rice and top with any desired toppings. Enjoy!

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