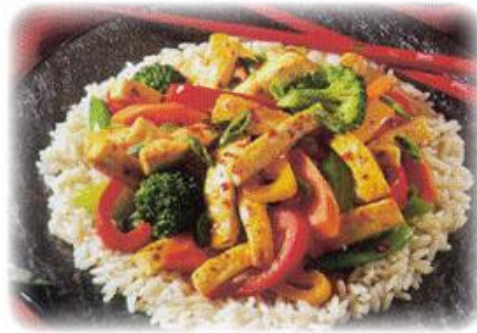


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Tofu & Vegetable Stir-Fry

FOOD, HOUSEHOLD, LIFESTYLE, RECIPE OF THE DAY — BY TINY GREEN MOM ON MARCH 24, 2011 5:00 AM



Ready in 20 minutes – this quick and easy stir-fry courtesy of House Foods is delicious and no one will miss the meat!

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Tofu & Vegetable Stir-Fry

Ingredients

- 1 tsp. sesame oil
- 1 (12 oz.) pkg. House Premium Extra Firm Tofu, drained & cut into 1/2" strips
- 2 Tbsp. minced raw garlic
- 3-4 Tbsp. soy sauce or stir-fry sauce of your choice
- 1 (14-16 oz.) pkg. frozen stir-fry vegetables*
- 1 Tbsp. cornstarch or arrowroot dissolved in 2 Tbsp. water
- 3 cups cooked rice

Preparation

Coat frying pan with non-stick cooking spray. Lightly brown tofu & garlic in oil, add sauce & vegetables. Cover & “steam” 7-10 mins. until vegetables are tender. Add cornstarch, stirring 1-2 mins. until sauce thickens. Serve over steamed rice.

Note: For added zest, sprinkle with chopped green onions and crushed red pepper.

Image and recipe courtesy of House Foods.