



Stir Fry with Tofu and Spicy Peanut Sauce

Recipe adapted from Cooking Matters

Ingredients to serve 4

2-3 cups of vegetables chopped or sliced
(bell peppers, carrots, celery, mushroom, cabbage, broccoli)
1 14 ounce package of extra firm tofu, drained and crumbled (or sliced cook chicken, pork or steak)
2 garlic cloves, minced and divided
1 inch fresh ginger root minced or 1 teaspoon ground ginger

Sauce

1/4 cup peanut butter
1/3 cup warm water
1/4 cup low sodium soy sauce
1 Tablespoon cider vinegar
1 Tablespoon brown sugar
1 Tablespoon cornstarch
1/8 teaspoon red pepper flakes (or to taste)



1. Gather all the ingredients.



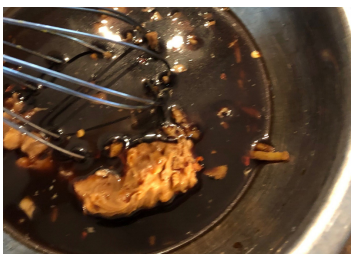
2. Drain the tofu over a paper towel in a bowl.



3. Crumble the drained tofu.



4. Chop or slice all the vegetables and the ginger and garlic.



5. Boil your noodles or cook your rice as directed on the package.

6. Whisk all the sauce ingredients until well combined.



7. Heat the oil in a large skillet or wok over medium high heat.

8. Add the hard vegetables first. Cook till tender. Stir. Then add the soft vegetables and the tofu and garlic and cook.

9. Add the sauce. and mix well.

10. Add your cooked noodles or rice.