

Tofu and Vegetable Stir Fry Freezer Pack

Serves: 4

Modified from: <https://damndelicious.net>

Items Needed: cutting board, kitchen knife, large bowl, grater, measuring spoons, measuring cups, wooden spoon, gallon size Ziploc bag, large skillet

Ingredients:

FOR STIR FRY

- 1 1/2 pounds firm tofu, drained of liquid and cubed (two 12oz packages)
- 1 bell pepper, chopped
- 1 cup sugar snap peas
- 2 carrots, peeled and grated
- 3 c. broccoli florets

FOR THE SAUCE

- 3 tablespoons reduced sodium soy sauce
- 2 tablespoons water
- 1 tablespoon rice wine vinegar
- 1 tablespoon brown sugar, packed
- 1 tablespoon freshly grated ginger
- 3 cloves garlic, minced
- 1 teaspoon sesame oil
- 1 teaspoon cornstarch
- 1 teaspoon Sriracha, optional

FOR COOKING:

- 1 tablespoon olive oil
- 1 teaspoon sesame seeds
- 1 green onion, thinly sliced
- 4 cups cooked brown rice

Directions:

1. In a large bowl, whisk together soy sauce, oyster sauce, vinegar, sugar, ginger, garlic, sesame oil, cornstarch and Sriracha, if using. Stir in cubed tofu and gently toss to combine.
2. In a gallon size Ziploc bag or large bowl, combine tofu mixture, bell pepper, snap peas, carrots and broccoli. Place in freezer for up to 1 month.
3. When ready to make, heat olive oil in a large skillet over medium high heat. Add stir fry mixture, and cook, stirring occasionally, until tofu is heated through and vegetables are tender, about 8-10 minutes.
4. Serve immediately with rice, garnished with sesame seeds and green onion, if desired

Nutrition Information (per serving, with 1 c. brown rice):

Calories: 490 Fat: 12 g Carbs: 68 g Protein: 25 g Fiber: 8 g **Sodium:** 555 mg

Provide the above nutrition specs. If not provided from your recipe source, use USDA food composition database located at <https://ndb.nal.usda.gov/ndb/>

Narrow Margins

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