

TOFU AND CHINESE VEGETABLES

Vegan, Pareve

Serves 4

INGREDIENTS:

Step 1:

- 1 Pkg Tofu, Firm (about 12 oz)
- 1 tbsp Rice Vinegar
- 5 tbsp Soy Sauce
- 1.5 tsp Asian Sesame Oil
- 1 tsp Sugar
- 3/4 tsp Chili Paste or Chinese Hot Sauce
- 1-1/2 tsp Chopped Garlic
- 1-1/2 tbsp Olive Oil

Step 2:

- 1 cup Rice (we like Basmati)

Step 3:

- 2-3 tbsp Cornstarch
- 1/2 cup Water

Step 4:

- 2 pkgs Frozen Chinese or Asian Vegetables

PROCEDURES:

Step 1: Marinade the Tofu

- Combine ingredients in bowl.
- Mix Tofu in the marinade ensuring all surfaces are covered.
- Allow to sit in refrigerator for 1/2 to 1 hour.

Step 2: Cook the Rice

- Cook the rice using your preferred method.

Step 3: Cook the Tofu

- Mix Cornstarch and Water and let stand.
- Pour Tofu and Marinade into large pot, pan or wok and simmer.
- Thicken by adding and stirring in the Cornstarch and Water mixture.

Step 4: Cook the Vegetables

- Cook vegetables in separate pan or microwave.
- Toss veggies into the Tofu and serve.