

TOFU STIR-FRY

Makes 4 servings

INGREDIENTS

- 1 clove garlic
- 1 package firm tofu
- ½ cup broccoli
- 1 cup sliced carrots
- 1 small onion (sliced)
- ¾ cup vegetable broth
- 1 tbsp corn starch
- 1 tbsp water
- 1 can water chestnuts
- 2 tbsp stir-fry sauce or soy sauce
- Cooking spray
- Brown rice (optional)



MATERIALS NEEDED

- 1 skillet
- 1 pot (if cooking rice)
- Measuring spoons
- Measuring cup
- Cutting board
- Knife
- Serving utensils
- Eating utensils
- Plates

COOKING INSTRUCTIONS

- Coat skillet with cooking spray and stir fry garlic for 1 minute.
- Add broccoli, carrots, and onion and stir fry for 1 minute.
- Stir in broth and add tofu. Cover and cook for 3 minutes.
- Mix corn starch and water in separate cup. Stir mixture into vegetable mix until thickened.
- Add water chestnuts and stir-fry sauce or soy sauce. Cook for 2 minutes.
- Serve alone or with brown rice.

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