



# Tofu Vegetable Stir-Fry

Makes: 50 child servings

## Ingredients

Imperial Measurement	Ingredient	Metric Measurement
½ cup	vegetable oil	125 mL
5 (1 lb) blocks	firm tofu	5 (454 g) blocks
4 heads	broccoli, cut into small florets	4 heads
5	carrots, peeled and sliced	5
4 stalks	celery, sliced	4 stalks
4	red or green peppers, sliced	4
1 bunch	green onions, sliced	1 bunch
Marinade & Sauce		
2 cups	reduced-sodium soy sauce	500 mL
2 cups	water	500 mL
8 cloves	garlic, minced	8 cloves
1 tbsp	fresh ginger, grated	15 mL
Thickener		
½ cup	water	125 mL
¼ cup	cornstarch	60 mL
Optional:	mushrooms bok choy cauliflower snow peas	

## Instructions

1. Combine Marinade/Sauce ingredients and blend with an immersion blender (or regular blender).
2. Dice tofu into small cubes. Pour half of the Marinade/Sauce onto tofu and marinate for 2 – 3 hours or overnight. Drain and discard liquid.

*Note 1:* Instructions are continued on page 2.

*Note 2:* Nutrition Information is on page 2.

3. Heat half of the oil in a large frying pan over medium-high heat. In small batches, brown tofu. Reserve in a covered stainless steel bowl in the oven, until all tofu is cooked.
4. Meanwhile, heat remaining oil in a wok or large frying pan/pot. Add broccoli and sauté for 5 minutes. Add sauce and stir to distribute.
5. Add carrots, green onions, and peppers and continue to cook until broccoli is bright green and tender.
6. In a small bowl, combine cornstarch and water. Add to pan and stir until thickened. Add tofu and toss to coat with sauce

<b>Nutrition Information</b>	
Serving 125 g	
<b>Calories</b>	110
<b>Fat</b>	6 g
	Saturated 0.5 g
	+ Trans 0 g
<b>Sodium</b>	430 mg
<b>Carbohydrates</b>	6 g
	Fibre 1 g
	Sugars 2 g
<b>Protein</b>	8 g
Calcium	90 mg
Iron	1.5 mg

<b>Food Guide Servings</b>
1 Vegetable & Fruit
½ Meat & Alternative