SWEET CHILI TOFU
STIR-FRY

Prep Time: 10 minutes
Cooking Time: 15 minutes
Makes 4 servings

Ingredients

½ package (~200 g or 1 cup) firm tofu
15 mL (1 T.) canola oil
1 small onion, chopped
1 green pepper, seeded and chopped
1 carrot, cut into bite-sized pieces
1 stalk broccoli (about 250 ml/1 cup), chopped
125 mL (1/2 cup) vegetable or chicken broth
60 mL (1/4 cup) sweet chili sauce, bottled
5 mL (1 tsp.) orange zest (optional)

Directions

Drain liquid from tofu; cut tofu into small cubes (about 1 cm or ½ inch) and set aside.

Heat oil in a large skillet or wok, and add tofu pieces. Brown on all sides, stirring often (about 3 - 4 minutes). Remove from the pan and set aside.

Add a bit more oil to skillet if needed, and return to heat. Add in the onion, green pepper, carrot and broccoli, stirring occasionally, for about 4 - 5 minutes, until vegetables are fork-tender.

Add the tofu back to the skillet and stir in broth, sweet chili sauce and orange zest. Stir gently, for another 3 - 4 minutes or until sauce simmers (bubbles) and tofu is heated through.

Serve over cooked rice, noodles or quinoa.

Sweet with a bit of heat; a great way to introduce tofu and more veggies into your meals.

Source: Adapted from Dietitians of Canada from Simply Great Food, published by Robert Rose Inc, 2007

✓ Budget-Friendly
✓ Quick & Easy
✓ Vegetarian (use vegetable broth)
✓ Source of iron
✓ Gluten-Free (use GF sauce)