

## Flavorful Veggie Stir Fry



### Ingredients:

- 1 (16 oz.) package extra firm tofu
- 1 tablespoon sugar
- 5 tablespoons low-sodium soy sauce, divided
- ¼ cup apple juice or low sodium vegetable broth
- 3 cups broccoli florets, cut in bite-sized pieces
- 2 medium carrots, thinly sliced
- 1 (6 oz.) package frozen pea pods, thawed (or fresh)
- 2 tablespoons chopped onion
- 1 (8 oz.) can sliced water chestnuts, un-drained
- 2 tablespoons cornstarch
- Hot cooked rice, spaghetti noodles or soba noodles

**See instructions on reverse.**

## Flavorful Veggie Stir Fry continued

### Instructions:

1. Cut tofu into 1-inch cubes and place on a baking sheet. In a bowl, combine sugar, 3 tablespoons soy sauce and apple juice or vegetable broth until smooth. Pour over tofu and set aside.
2. In a large skillet over medium-high heat, stir fry broccoli, carrots, pea pods and onion in 1 tablespoon of water for 1 minute. Stir in water chestnuts.
3. Cover and simmer for 4 minutes. Remove from pan and keep warm.
4. In the same skillet, stir fry tofu until outside is crispy. Return vegetables to pan.
5. Combine 2 tablespoons soy sauce and cornstarch. Mix well and pour over vegetables. Stir fry until glossy.
6. Serve over rice or noodles.

Enjoy making this healthy and delicious recipe!

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