



## Tofu Vegetable Stir Fry

*Serves 3-4*

### Ingredients

- 1 pound cubed fresh, firm tofu (I always drain and press the tofu to remove the extra moisture--look this up if you haven't cooked with tofu for a while).
- ¼ cup tamari
- 1 Tbsp toasted sesame oil
- 3 Tbsp avocado oil (or any neutral oil you have)
- 1 Tbsp grated fresh ginger
- 1 Tbsp peeled and minced fresh garlic
- 1 16 oz package frozen mixed vegetables (sometimes I add a little fresh broccoli too)

### Instructions

Add the cubed tofu to the tamari sauce while you saute the vegetables.

Heat the oils (sesame and avocado) together. Saute grated ginger and garlic with the frozen vegetables. Add the marinated tofu and continue sauteeing until the tofu is lightly heated. Add more tamari if needed.

Serve over brown rice or another cooked grain. Top with additional tamari if needed. Leftovers freeze well or keep in the fridge a few days for lunches or snacks.