

## General Tso's Tofu and Vegetables

### Cooking Instructions

1. Cook brown rice according to package directions.
2. Place paper towels under and over tofu and press with a heavy pan for 10 minutes.
3. Heat olive oil in a large skillet over medium heat. Cut tofu into bit sized cubes. Place in pan and let it cook 5-6 minutes without turning tofu. Every 5-6 minutes, use tongs or a fork to rotate to an uncooked side.
4. Steam broccoli until soft, or boil for 2-3 minutes, drain, and set aside.
5. Chop bell pepper, mince ginger, and mince garlic.
6. Combine water, hoisin sauce, soy cause, rice vinegar, brown sugar, garlic powder, cornstarch, and sriracha or red pepper flakes. Stir to combine.
7. Remove tofu from pan and add bell pepper, garlic, and ginger. Sauté for 2-3 minutes.
8. Make sure cornstarch is dissolved in sauce, add to pan and cook for another 1-2 minutes until sauce thickens. Add tofu and broccoli and stir to combine.
9. Top over rice and enjoy! You can add more spice to your sauce if you like it spicier or more sugar if you like it sweeter.

### Recipe

- 1 lbs Tofu drained and pressed
- 1 tablespoon olive oil
- 2 cups broccoli chopped
- 1 bell pepper any color
- 2-3 large garlic cloves chopped
- 1 tablespoon fresh ginger minced
- 2-3 cups brown rice cooked
- 1 teaspoon black pepper
- ½ teaspoon salt
- ¼ cup warm water
- 2 ½ tablespoons hoisin sauce
- 1 tablespoon soy sauce
- 2 ½ tablespoons rice vinegar
- 2 teaspoons brown sugar
- ½ teaspoon garlic powder
- 2 teaspoons cornstarch
- 1 small dash of Sriracha or red pepper flakes
- Toppings –sesame seeds if desired

### Grocery List – Add optional ingredients as desired

#### Produce

- 2 cups broccoli
- 1 bell pepper
- garlic
- fresh ginger

#### Protein

- 1 package Tofu (usually by dairy or health food aisles)

#### Canned Goods

- hoisin sauce
- rice vinegar
- Sriracha

#### Pantry Items

- salt
- pepper
- olive oil
- garlic powder
- brown rice
- cornstarch

- soy sauce
- brown sugar