

## Szechuan Tofu & Veggies 116

*This recipe actually makes enough sauce to coat ingredients and have some over the rice. Could easily cut in half for a smaller family but makes a great lunch the next day, too.*

16 oz	tofu drained, frozen, defrosted	1 tsp	black pepper
1 1/2 cup	soy sauce	2 Tbs	Szechuan sauce
1/2 cup	vegetable broth	1 tsp	red pepper flakes
4 tsp	vinegar	16 oz	mushrooms (fresh, not canned)
4 cloves	minced garlic	1 1/2 cup	carrots sliced
2 Tbs	Ginger-root; fresh; minced	1	red bell pepper-large
1	large onion, finely diced	3 cup	broccoli florets



### Procedure

- 1 Once tofu is defrosted, press free of water and cut into cubes. Set aside and it is added last.
- 2 Slice carrots. Cut bell pepper into strips. Mince onion to hide from kids. Can slice mushrooms or leave whole so adults can have them and kids can pick them out. Cut broccoli into flowerettes.
- 3 Mix all non-vegetable ingredients to make the sauce.
- 4 IP PC: Put broccoli then other veggies then sauce and remaining ingredients in IP PC. Set on stew and pressure cook for 2 minutes and do a quick release. Serve.
- 5 Stove Top: Put sauce and all ingredients except tofu into a very large wok like pot.
- 6 Cover and cook until carrots, broccoli and mushrooms are just beginning to be tender. Add tofu and cook for a few minutes until warm and stir to ensure it and all vegetables have absorbed some of the sauce. Serve warm over rice.

Servings: 7

Yield: 1 cup per serving

Degree of Difficulty: Easy

### Nutrition Facts

Serving size: 1/7 of a recipe (10.9 ounces).

Amount Per Serving	
<b>Calories</b>	149.33
Calories From Fat (26%)	38.76
	% Daily Value
<b>Total Fat</b> 4.06g	6%
Saturated Fat 0.1g	<1%
Cholesterol 0mg	0%
Sodium 2218.17mg	92%
Potassium 770.8mg	22%
<b>Total Carbohydrates</b> 13.76g	5%
Fiber 4.2g	17%
Sugar 4.71g	
<b>Protein</b> 14.71g	29%