

Spicy Bulgogi Tofu & veggies

If you pressure cook this it MUST be spicy when you pressure cook it as the pressure cooker expresses the liquid from the veggies and will dilute it.

Can use California Blend frozen veggies-12 oz bag

Maybe try sauteeing mushrooms for a few minutes to get them to release their moisture, drain the liquid and then proceed.

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|-------|-----|---------------------------------|-----|-----|----------------------|
| 16 | oz | tofu drained, frozen, defrosted | 3 | cup | broccoli florets |
| 2 | Tbs | soy sauce | 1/2 | cup | Bulgogi sauce, spicy |
| 1 | tsp | red pepper flakes | 1/2 | cup | pear sauce |
| 16 | oz | mushrooms (fresh, not canned) | 1/4 | cup | Bulgogi Sauce, spicy |
| 1 1/2 | cup | carrots sliced | | | |

Procedure

- 1 Once tofu is defrosted, press free of water and cut into cubes. Set aside and it is added last.
- 2 Slice carrots. Can slice mushrooms or leave whole so adults can have them and kids can pick them out. Cut broccoli into flowerettes.
- 3 Mix all sauce ingredients using the 1/2 cup of Spicy Bulgogi sauce and reserving the 1/4 cup. Then coat the tofu with it.
- 4 IP Pressure Cooker: Put broccoli then remaining ingredients in IP PC and ensure sauce coats everything well, adding the reserved 1/4 cup of Bulgogi sauce to help coat veggies. Set on stew and pressure cook for 1 minute 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: 8.75

Yield: 1 cup per serving

Degree of Difficulty: Easy

Nutrition Facts

Nutrition (per serving): 148 calories, 39 calories from fat, 3.2g total fat, 0mg cholesterol, 2127mg sodium, 601.6mg potassium, 18g carbohydrates, 2.9g fiber, 10.5g sugar, 12.6g protein.