

## BBQ-Style Tofu Stir-Fry



Preparation time	15 minutes
Cooking time	20 minutes
Servings	4
Cost per serving	\$1.92
Storage	3 days in the fridge
Kitchen tools	Measuring cups and spoons, cutting board, sharp knife, small bowl, fork, large bowl, wooden spoon, large frying pan, plate

### Ingredients



125 ml (½ cup) ketchup



30 ml (2 tbsp) soy sauce



15 ml (1 tbsp) apple cider vinegar



10 ml (2 tsp) Worcestershire sauce



3 garlic cloves, peeled and minced



125 ml (½ cup) water



Salt, pepper and Tabasco-style hot sauce, to taste



1 firm tofu block (454 g), diced into 2.5 cm (1-inch) cubes



30 ml (2 tbsp) corn starch (a little more, if needed) (optional, see step 2)

A LITTLE MORE, IF USING CORN STARCH



30 ml (2 tbsp) canola oil (divided: 20 ml [4 tsp] + 10 ml [2 tsp])



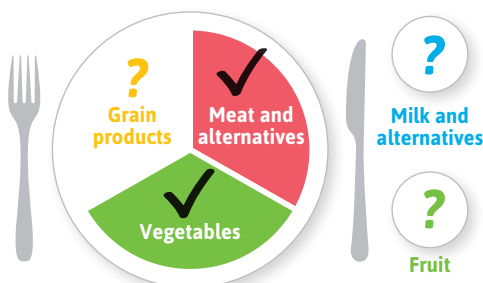
1 large or 2 small yellow onions, peeled and diced

CHOOSE VEGETABLES THAT HAVE SIMILAR COOKING TIMES LIKE BROCCOLI, GREEN BEANS (CUT IN HALF), PIECES OF GREEN BELL PEPPER, BOK CHOY, ETC.



1 litre (4 cups) vegetables, chopped into pieces

Illustrations © Québec Amérique. All rights reserved (ikonet.com)



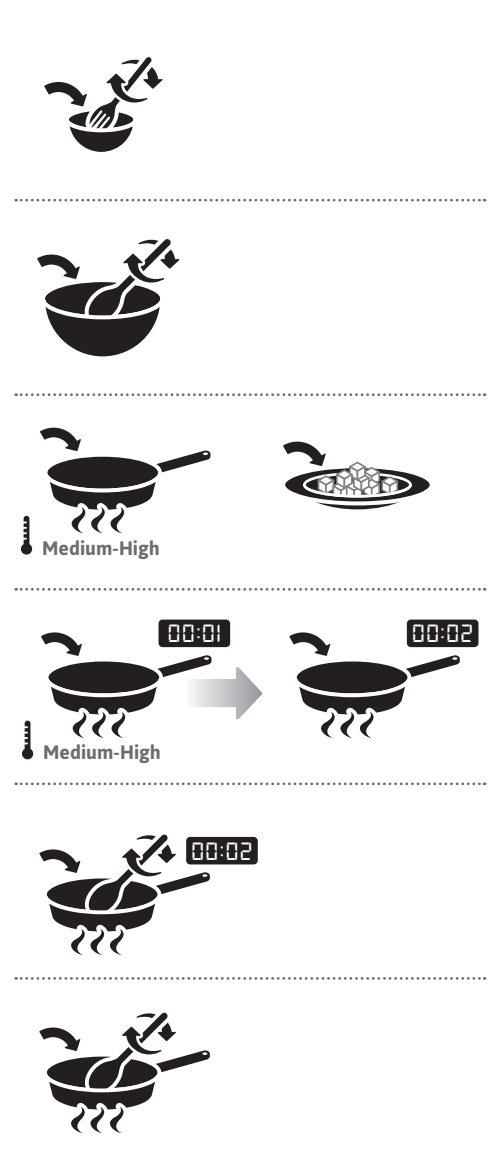
### Balanced plate

Serve with:

- ? A grain product (rice or Asian-style noodles, for example)
- ? A fruit
- ? A glass of milk or fortified soy beverage

# Directions

- 1 In a small bowl, add the **ketchup, soy sauce, apple cider vinegar, Worcestershire sauce, garlic, water, salt, pepper** and **hot sauce**. Mix with a fork and set aside.
- 2 (OPTIONAL) In a large bowl, add the **tofu** and **corn starch**. Toss just enough to coat all the tofu sides with corn starch.
- 3 Heat **20 ml (4 tsp)** of **oil** in a large frying pan over medium-high heat. Add the **tofu cubes** and cook until crisp on all sides (you will need extra oil if the cubes are covered in corn starch). Set aside on a plate.  
**Tip:** Use the cooking time to prepare your side dishes.
- 4 In the same frying pan, add **10 ml (2 tsp)** of **oil** and cook the onions for about one minute. Add the vegetables and cook about 2 minutes.
- 5 Add the **sauce prepared in step 1**, stir and heat for about 2 minutes until the sauce thickens slightly.
- 6 Adjust salt, pepper and hot sauce as needed. Mix in the **tofu cubes**.



My rating: ★ ★ ★

---



---



---



---



---

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition