Asian Tofu Harvest Bowl

Ingredients

- 1/3 lb firm tofu
- 1 yellow squash, sliced
- 1 green bell pepper, sliced
- 1 broccoli, cut to small pieces
- 1 carrot, sliced
- 1/4 onion, sliced
- 1-2 garlic, minced
- 1 Tbsp oil
- 1/2 tsp salt
- 1 tsp vegetarian seasoning (optional) – found in Asian supermarkets
- 1 tsp of garlic powder (as an alternative to vegetarian seasoning)
- A pinch of black pepper

Directions

1. Drain the tofu and gently press it in a kitchen towel or paper towel over the sink.
2. Cut the tofu into cubes and sauté or fry on a pan until golden brown on each side. Set tofu aside.
3. In a large pot of boiling water, blanch each type of vegetable separately for about 3 minutes, or until desired tenderness.
4. In a large pan, heat oil until hot. Add onion and garlic, stirring until onion is translucent. About 1-2 minutes.
5. Add the fried tofu and all vegetables. Sprinkle salt or vegetarian seasoning, and black pepper. Toss about 5 minutes to evenly coat tofu and vegetables.

Servings: 4  
Prep time: 20 minutes  
Cook time: 25 minutes  
Total time: 45 minutes

Author: Thanh Thuy Nguyen