

Asian Stir Fry

Ingredients

4 mushrooms, sliced	1 red pepper, sliced
1 green pepper, sliced	1 stalk celery, sliced
1 carrot, sliced	½ onion, sliced
2 cloves garlic, minced	1 pkg tofu, cubed
5 T. olive oil	6 T. GF soy sauce
1 tsp. cornstarch	4 oz. water

Directions

Drain and cut tofu. Heat frying pan on high and fry tofu with 3 T. oil, GF soy sauce and garlic to season. Then stir fry veggies in frying pan in 2 T. oil. Add garlic, onions, carrots, bell peppers, celery and mushrooms. Cook to desired tenderness. Season with 3 T. soy sauce or gluten free (GF) Tamari sauce.

Mix 1 tsp. cornstarch with 4 oz. water. Add veggies to tofu and cornstarch mixture. Cook to thicken a little. Serve hot over steamed brown jasmine rice.

*Source: Naturally Gourmet, Vol. 1 by Karen Houton