



Tofu Veggie Stir Fry

Ingredients:

- 1 package extra firm tofu, drained and cubed
- 1 TBSP olive oil
- ½ red bell pepper, roughly chopped
- ½ yellow bell pepper, roughly chopped
- 1 yellow onion, roughly chopped
- 1 zucchini, cubed
- 1 TBSP low-sodium soy sauce

Directions:

1. Heat oil in pan over medium heat; Add in onion and cook until soft; Add colored peppers and continue cooking another 3-4 minutes or until soft; Add in zucchini and cook about 3 minutes
2. Add in tofu and cook on all sides until lightly browned; Add soy sauce and mix all ingredients
3. Serve by itself or over grain of your choice
4. Enjoy!

Cookware needed:

- Large pan
- Metal spatula



Cost: \$ \$

Ease:



Health Benefit: This meal combines great sources of plant-based protein and fiber, helping us stay fuller for longer, and has tons of cardiovascular benefits as well.