

# Green Bean and Tofu Stir Fry

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-green-bean-tofu-recipe>

## Ingredients:

- 1 block tofu 16 ounces, or use chicken or shrimp
- 4 tablespoons avocado oil
- 8 ounces green beans trimmed and cut in half
- 1 tablespoon ginger grated
- 2 cloves garlic
- 1 tablespoon lemongrass fresh or frozen, minced
- 2 shallots cut in half and then in thin slices
- 1 tablespoon curry paste Thai red pepper, please taste your curry paste! and adjust to your spice tolerance.
- 1 tablespoon soy sauce I like low sodium
- 2 tablespoons rice vinegar or lime juice
- 1/2 pound tomatoes cut in small wedges
- salt to taste
- peanuts optional
- cashews optional
- Thai basil optional
- fresh mint optional
- cilantro optional

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 24 grams
3. Fat: 26 grams
4. Fiber: 4 grams
5. Protein: 16 grams
6. SaturatedFat: 4 grams
7. Sodium: 450 milligrams
8. Sugar: 5 grams

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