

Kung Pao Tofu

Yield: 4 min
Total Time: 90 min

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

Ingredients:

- 12 ounces firm tofu
- 3 cloves garlic crushed
- 1 tablespoon rice wine mirin, Japanese, or sherry
- 1 tablespoon cornstarch
- 1 dash salt and several grinds of fresh ground pepper
- 1 tofu recipe of Oven-Baked
- 2/3 cup low sodium vegetable stock organic
- 3 tablespoons tamari soy sauce
- 2 tablespoons rice wine mirin, Japanese, or dry sherry
- 1 tablespoon honey or agave for vegan
- 1 tablespoon cornstarch
- 1 tablespoon vegetable oil preferably peanut
- red pepper flakes
- 2 tablespoons ginger finely chopped or zested*
- 2 teaspoons garlic minced
- 1/2 pound green beans tips cut off, cut on the diagonal into 1-inch pieces
- 1/2 cup water
- 1 bunch scallions split lengthwise and cut into 3/4 inch lengths
- 1/3 cup honey roasted peanuts

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 30 grams
3. Fat: 21 grams
4. Fiber: 9 grams
5. Protein: 23 grams
6. SaturatedFat: 2 grams
7. Sodium: 990 milligrams
8. Sugar: 8 grams

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