

Chinese Garlic Tofu Stir-Fry

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 1/4 cup soy sauce use 3 tablespoons or light soy sauce if you prefer it less salty
- 2 tablespoons rice vinegar
- 2 tablespoons maple syrup or agave
- 2 tablespoons water
- 4 garlic cloves minced
- 2 teaspoons cornstarch
- 2 tablespoons sesame oil divided
- 1 pound extra firm tofu drained, pressed at least 15 minutes, and cut into 1 inch cubes
- 6 dried chile peppers halved, optional
- 3 cups fresh green beans
- cooked rice
- toasted sesame seeds

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 21 grams
3. Fat: 18 grams
4. Fiber: 5 grams
5. Protein: 21 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 920 milligrams
8. Sugar: 9 grams

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