

# Stir-Fried Marinated Tofu and Mushrooms

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/marinated-tofu-recipe-indian>

## Ingredients:

- 14 ounces extra firm tofu drained well
- 5 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 1 pinch red pepper flakes
- 1 pound crimini fresh, Baby Bella mushrooms, cut in quarters, or smaller if they're very large
- 1 tablespoon agave nectar
- 1 tablespoon hoisin sauce
- 2 tablespoons peanut oil
- 3 garlic cloves
- 4 slices fresh ginger root
- 1/2 cup sliced green onions diagonal

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 14 grams
3. Fat: 17 grams
4. Fiber: 4 grams
5. Protein: 21 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 1210 milligrams
8. Sugar: 4 grams

---

Thank you for visiting our website. Hope you enjoy Stir-Fried Marinated Tofu and Mushrooms above. You can see more 17 marinated tofu recipe indian Unlock flavor sensations! to get more great cooking ideas.