

Ma Po Tofu

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 4 ounces ground pork
- 2 tablespoons dry sherry
- 1 teaspoon cornstarch
- 1/2 tablespoon fermented black beans rinsed and mashed
- 1/2 tablespoon chili paste with garlic
- 1 teaspoon cayenne pepper
- 2 tablespoons soy sauce
- 3 cloves garlic crushed
- 1/2 teaspoon fresh ginger minced
- 14 ounces tofu drained and cut into cubes
- 1 cup frozen green peas
- 1/2 cup chicken broth
- 1 tablespoon cornstarch mixed with equal parts water

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 20 milligrams
4. Fat: 11 grams
5. Fiber: 2 grams
6. Protein: 16 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 560 milligrams
9. Sugar: 2 grams

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