

Mapo Tofu

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mapo-pork-tofu-recipe-japanese>

Ingredients:

- 1/2 cup dried shiitake mushrooms about 10
- 1 cup warm water
- 2 tablespoons low sodium soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon mirin
- 1 tablespoon honey
- 1/4 teaspoon kosher salt
- 1 tablespoon peanut oil
- 1 1/2 tablespoons black bean sauce
- 1 pound firm tofu or medium, drained and cut into 1 inch cubes
- 2 cloves garlic minced
- 1 teaspoon ginger grated
- 1 tablespoon cornstarch
- 3 scallions chopped

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 16 grams
3. Fat: 17 grams
4. Fiber: 3 grams
5. Protein: 19 grams
6. SaturatedFat: 2 grams
7. Sodium: 540 milligrams
8. Sugar: 6 grams

Thank you for visiting our website. Hope you enjoy Mapo Tofu above. You can see more 16 mapo pork & tofu recipe japanese Unleash your inner chef! to get more great cooking ideas.