

Monthly  
prize drawings!  
Eat 40% Local  
Facebook



# Simply Seasonal

## Local Stir-fry

Printing courtesy of First Alternative Co-op • [firstalt.coop](http://firstalt.coop)

## Local Stir-fry

### Ingredients

- \* $\frac{3}{4}$  lb. tofu or tempeh
- 2 Tbsp soy sauce or tamari
- \*2 cloves garlic
- 1 Tbsp fresh grated ginger OR
- 1 tsp ground ginger
- 2 T oil
- \*1  $\frac{1}{2}$  lb prepared seasonal vegetables, cut into small pieces
- \* $\frac{3}{4}$  cup prepared stir-fry sauce (Thai & True Peanut Sauce, Yumm! Sauce, Sweet Ginger Miso, Nearly Normal's Tamari Ginger Vinaigrette)
- Rice or cooked noodles

\*can be sourced locally

### Directions

1. Toss tofu with soy sauce in medium bowl.
2. Heat 1 T oil in a large non-stick skillet or wok over medium-high heat. Add garlic & ginger to pan and cook until browned. Remove and discard.
3. Add tofu and cook, stirring occasionally until lightly browned on all sides. Transfer to a plate or bowl.
4. Add remaining oil to pan. Add denser vegetables such as carrots, onions, bell peppers, cabbage, green onions, eggplant; cook til tender crisp.
5. Add all softer vegetables such as mushrooms, asparagus, snow peas, greens; cook 1-2 min.
6. Add tofu back into pan and stir in sauce. If using noodles, add them at this time. Bring sauce to a simmer; remove from heat and serve.