



Carmelized Tofu and Broccoli Stir Fry



Garlic, soy sauce and a pinch of sugar create a delicious caramelized coating for the tofu in this recipe, which is served over brown rice. This recipe comes to us from our friends at [The Six O'Clock Scramble](#).

Ingredients: (serves 4)

- 15 oz. extra-firm tofu (or protein of choice)
- 2 Tbsp. coconut or peanut oil
- 1 tsp. minced garlic (1 - 2 cloves)
- 1/2 cup pecans, coarsely chopped
- 2 Tbsp. brown sugar
- 3 Tbsp. reduced-sodium soy sauce
- 1/4 tsp. crushed red pepper flakes (optional)
- 1 head broccoli, cut into florets (about 3 cups)
- 1/2 red bell pepper, cut into thin 1-inch long strips
- 1/2 red onion, thinly sliced
- 1 - 2 cup white or quick-cooking brown rice
- 3 - 6 oranges (optional)

Instructions:

Together: Cook the rice according to package directions.

Kid: Drain the tofu and wrap it in a clean dishcloth to draw out the extra water. Cut the tofu into three crosswise slices, and cut those slices into 3 or 4 long strips.

Adult: In a large skillet, heat the oil over medium-high heat. Add the tofu strips and cook them without stirring for about 3 minutes until they have browned on the bottom.

Adult: Flip the tofu (tongs work well for this) and add the garlic and pecans, stirring them for a minute until the garlic becomes fragrant.

Together: Add the sugar, 1 1/2 Tbsp. soy sauce, and the red pepper flakes (optional) and stir until the sugar blends with the rest of the ingredients.

Together: Remove the tofu and nuts to a plate, allowing some of the sauce to remain in the pan.

Together: Add the broccoli, red pepper strips, onions, and the remaining soy sauce and cook for 3 - 4 minutes until they are tender.

Together: Add the tofu and other ingredients back into the skillet to heat them through, and serve immediately.

Together: Serve with sliced oranges.

Food For Thought!



What is tofu, exactly? Believe it or not, it's a lot like cheese, only made from soy beans. To make tofu, producers start by heating a liquid made from soy beans (soy milk) and then add an acid like lemon juice, which causes the solid parts to separate from the liquid. After straining and pressing these solid bits, the mixture becomes tofu!

Cooking Tip of the Week

Many grocery stores offer pre-chopped vegetables like broccoli and bell peppers. Look for these items (or a stir-fry blend) in the produce section if you'll be short on time when cooking.

Conversation Starter

If you could trade places with someone for the day, would you do it?
Who would you pick and why?



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