

Broccoli Tofu

Ingredients

16 oz Tofu (firm)
1 c Chicken Broth
2 T Soy Sauce
1 t Dark Soy Sauce
2 T Rice Wine
1 t Sesame Oil
1/2 t Sugar
2 T Vegetable Oil
2 clv Garlic (chopped)
1 lb Broccoli Florets
1 T Cornstarch
2 T Water

Instructions

1. Cut your block of tofu into bite-sized cubes and set aside. In a medium bowl, combine the stock, soy sauce, dark soy sauce, wine, sesame oil, and sugar, and set aside. In a small bowl combine cornstarch and water, set aside.

2. Heat 2 tablespoons oil in a skillet over medium heat, and add the garlic. Cook for a minute, being careful not to let the garlic burn. Add the broccoli, and crank up the heat to high, stir-frying the broccoli for a minute or two, just until it starts to turn a bright green color.

3. Add the tofu and your stock mixture, tossing everything together gently. Bring to a simmer, and stir in the cornstarch slurry. Allow to simmer for about 2 minutes, until the sauce has thickened. Serve over steamed rice!