

RECIPE OF THE WEEK

Stir-fried Tofu With Bean Sprouts

Ingredients

- ½ lbs Bean sprouts
- 4 oz Tofu – fried or fresh
- 2½ Green onions – cut 2 inches long
- 1 cloves Garlic – finely chopped
- ½ tablespoon Canola oil
- ½ tablespoon Soy sauce
- 1 Jalapeno or Bell Pepper



Preparation

1. Turn the stove on high heat and add oil into a wok.
2. Once the oil is hot, add chopped garlic.
3. When the garlic turns to yellow-golden color, add tofu and stir-fry the tofu until they are crispy but do not burn them.
4. Add bean sprouts, green onion, and soy sauce, stir-fry everything together until the bean sprouts are cooked. (It can take about 4-6 minutes – the bean sprouts are quick to be cooked)
5. Add jalapeno/bell pepper and stirfry them with the other ingredients.
6. Turn off the stove and serve warm. Enjoy

