

Tofu & Veggie Stir-Fry

Ingredients

- 1 cup firm tofu, cubed
- 1/2 cup broccoli
- 1/2 bell pepper, sliced
- 1 tbsp olive oil
- 1 tbsp coconut aminos

Instructions

1. Sauté tofu until golden.
2. Add veggies and aminos.
3. Stir-fry until tender.

Health Benefits

Complete plant protein, minerals, and antioxidants.