

MUSHROOM & TOFU STIR-FRY

Preparation: **10 min** | Cooking: **20 mins.** | Servings: **5**

INGREDIENTS

1 (8 ounce) container baked tofu or smoked tofu, diced
1 bunch scallions, trimmed and cut into 2-inch pieces
1 medium red ball pepper, diced
1 large clove garlic, grated
1 pound mixed mushrooms, sliced
4 tbsp. peanut oil or canola oil, divided
3 tbsp. oyster sauce or vegetarian oyster sauce
1 tbsp. grated fresh ginger



INSTRUCTIONS

Heat 2 tablespoons oil in a large flat-bottom wok or cast-iron skillet over high heat. Add mushrooms and bell pepper; cook, stirring occasionally, until soft, about 4 minutes. Stir in scallions, ginger and garlic; cook for 30 seconds more. Transfer the vegetables to a bowl. Add the remaining 2 tablespoons oil and tofu to the pan. Cook, turning once, until browned, 3 to 4 minutes. Stir in the vegetables and oyster sauce. Cook, stirring, until hot, about 1 minute.