

CARROTS



HOW TO USE

Sprinkle carrots with a small amount of oil and salt, and roast them in the oven until they are slightly tender and crispy; Chop them into bite sized pieces or shred them and add them to a salad or a rice dish; Carrots are great for dipping!

HELPS SUPPORT

Immune system, digestion, and vision.

HOW TO STORE

Remove green tops and keep carrots in the refrigerator for up to 2 weeks.

TOFU VEGETABLE STIR FRY

Servings: 3

Preparation Time: 30 minutes

INGREDIENTS

- 2 cups chopped carrots, cabbage, bell peppers, or other seasonal vegetables
- 1 cup medium onion, sliced
- 2 cloves garlic, chopped into tiny pieces
- 1 cup firm tofu
- 2 tablespoons water
- 2 tablespoons soy sauce
- 1 teaspoon oil
- 1 pinch black pepper



Photo: Leah's Pantry

INSTRUCTIONS

1. Heat the oil in a hot pan for about 1 minute.
2. Add the onions and garlic and cook them, stirring frequently, until they are soft, about 2 minutes.
3. Add other vegetables and tofu. Cook them for about 3 minutes until the pieces brown a little and give off steam.
4. Add the soy sauce and water to the pan. Cover the pan and turn the heat down to medium-low.
5. Continue to cook until all the ingredients are tender, about 5-10 minutes.

Adapted from The Tenderloin Cooking School Cookbook via EatFresh.org