



Tofu Bento

Ingredients:

1 package extra firm tofu
2 cups cooked brown rice
2 tbsp low-sodium soy sauce
1 tsp each of ginger, garlic powder, and onion powder
1 tsp chili paste
1 bunch broccolini, chopped
1 red bell pepper, sliced
1 orange bell pepper, sliced
1/4 cup sliced green onion (optional)
Sriracha to top (optional)

Directions:

1. Remove tofu from package and press with paper towels to absorb all excess moisture.
2. Chop tofu into cubes and place in large Ziploc bag.
3. In a large saute pan, heat olive oil over medium heat.
4. Add broccolini and bell pepper and stir until lightly softened.
5. Heat another pan to medium heat and add tofu.
6. Cook tofu for 5 minutes, stirring occasionally until all sides get cooked.
7. To serve, add 1/2 cup of brown rice and top with tofu, veggies, and green onions.