

## Yummy stir-fry

### Ingredients:

- 1 package of tofu, firm or extra-firm, cut into cubes, or seitan.
- a few cloves of garlic, or a teaspoon (or more) of minced garlic (Dad says he gets it in the spice section, and it saves having to cut up the garlic.)
- cut-up vegetables – broccoli, cauliflower, mushrooms, peppers (any color), carrots, string beans, cherry tomatoes, brussels sprouts, an apple, whatever you like, whatever is in season.  
Add some edemame – shelled soy beans. (Buy a bag and keep it in the freezer.)  
Fresh vegetables taste better but frozen is okay.
- Olive oil (only, not any other kind of oil)
- Rice – brown basmatic rice is the best by far.
- A 9x13 pan. (You'll have a lot of leftovers, which is good.)
- Aluminum foil – lining the pan with foil makes it a LOT easier to clean.
- Seasonings: basil and oregano, OR soy sauce and ginger OR curry powder OR teriyaki sauce OR buy some Indian dipping sauce OR make something up.

### Directions:

To make the rice, put 1 cup rice, 2 ¼ c. water, ½ t. salt, and 1 T olive oil or butter in a pot. When it starts to boil, turn the heat way down and cover. It should be ready in about ½ hour. (The instructions say 45 minutes, but check earlier; it all depends on your stove.)

### For the stir-fry:

Heat oven to about 400 degrees.

Line pan with foil. Put in enough olive oil to cover the pan thickly.

Put tofu and garlic in the pan and mix it in the oil. Add the seasonings.

Let cook for about ½ hour, stirring every so often.

Then add the vegetables and stir. Put back in oven for about another ½ hour. Stir occasionally so it doesn't stick. If you use seitan, add it for the last 10 minutes.

Timing is not important (except for the rice.) Eat it when it smells delicious, or you're so hungry you can't wait any more. You can re-heat it in the microwave, so make a lot and you'll have a bunch of dinners. You can freeze leftovers.

If you want to have it with spaghetti, use a lot of garlic, basil, and oil.