

Sweet and Sour Tofu



Ingredients

1 1/2 tbsp canola oil
2 cups diced onion
2 cups diced carrots
2 cups diced sweet pepper (1/2 cup green, 1/2 cup yellow, 1 cup red--or whatever configuration you like!)
2 cloves of garlic minced
2 tbsp grated gingerroot
1 1/2 cups pineapple juice
1/4 cup brown sugar
1/2 cup rice vinegar
4 tsp cornstarch
2 cups firm tofu - cut in cubes



Directions

Cook onions, carrots, peppers, garlic and ginger in 1 1/2 tbsp of canola oil on medium heat for approx. 5 minutes.

Whisk together the pineapple juice, sugar, vinegar and cornstarch and add to the vegetables. Add the tofu and stir constantly until thickened. Cover and simmer for approximately 3 minutes.

Serve on a bed of rice. I used brown basmati rice and it was excellent!

The recipe comes from [Cooking Vegetarian](#) by Melina Vesanto and Joseph Forest. I have adapted it slightly reducing the sugar and doubling the recipe. I also found it best with more sweet pepper than green pepper.

www.VeggieYogi.com