

Black Bean and Tofu Nourish Bowl

Ingredients:

Serves 6

Base:

9 oz dry soba noodles

1.5 cups shelled edamame

Tofu:

16 oz extra firm tofu

2 Tbs cornstarch

¼ tsp black pepper

1 Tbs oil

½ Tbs black bean garlic sauce

Veggies:

1 head bok choy

5 cups green beans, ends trimmed

1 Tbs black bean garlic sauce

1 cup roasted red bell peppers

Sauce:

3 Tbs rice vinegar

1 Tbs reduced sodium soy sauce

½ Tbs toasted sesame oil

Garnish:

¼ cup chopped green onions

1 Tbs sesame seeds



Nutrition Facts

6 servings per container

Serving size 2 cups

Amount per serving

Calories 380

% Daily Value*

Total Fat 11g 14%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 320mg 14%

Total Carbohydrate 53g 19%

Dietary Fiber 10g 36%

Total Sugars 7g

Includes 1g Added Sugars 2%

Protein 22g

Vitamin D 0mcg 0%

Calcium 360mg 30%

Iron 5.8mg 30%

Potassium 700mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions:

1. Cook the noodles according to the package directions. Once cooked, drain and rinse under cold water to prevent further cooking. Set aside
2. Add the edamame to a bowl and cover with boiling water. Set aside.
3. Add the tofu to a bowl and toss with cornstarch, salt and pepper.
4. Heat the oil in a large pan over high heat. Cook the tofu in a single layer for 10 minutes, stirring occasionally.
5. While the tofu cooks, slice the bok choy into bite-sized pieces, keeping whites and stems separate.
6. Cut the green beans and bell peppers into bite sized pieces.
7. Once the tofu is cooked, add the black bean garlic sauce, tossing to coat. Transfer to a bowl.
8. Return the pan to high heat and add the white bok choy stems, green beans, and a splash of water. Cover until steam for 3 minutes.
9. Uncover and add the bok choy leaves and remaining black bean sauce. Cook for 2 more minutes then transfer to a bowl.
10. Combine the sauce ingredients in a bowl.
11. To assemble, place some cooled noodles in a bowl. Top with bell pepper, drained edamame, stir-fry mix, and tofu. Pour some sauce otop.
12. Garnish with green onions and sesame seeds and enjoy!