

Molly's Tofu Stir-Fry

Makes 4 servings

1 ½ tablespoons olive oil
½ tablespoon toasted sesame oil
½ onion, diced
1 red bell pepper, roughly diced
1 green bell pepper, roughly diced
3 small zucchini, thinly sliced
2 to 3 tablespoons chopped fresh garden herbs
1 container of firm tofu, cubed
2 tablespoons soy sauce plus additional to taste
¾ cup black beans (rinsed and drained)
Pinch of hot pepper flakes (optional)
Toasted sesame seeds for garnish (optional)
3 cups hot cooked rice

Heat oils in a pan over medium-high heat and add onions. Sauté about 3 minutes, stirring occasionally. Add bell peppers and sauté 2 minutes. Add zucchini and cook another minute or two.

Add chopped fresh garden herbs, cubed tofu and soy sauce. Cook about 5 minutes, stirring occasionally and adding black beans after 3 minutes. Sprinkle with additional soy sauce, hot pepper flakes and/or toasted sesame seeds, as desired. Serve with rice.