

APRIL IS NATIONAL SOYFOODS MONTH

Te ri yaki Soy Rice Bowl

Recipes provided by...

Soybeans
Nebraska Soybean Board



INGREDIENTS...

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|---|---|
| 1 Tbsp soybean oil | 1 cup edamame, shelled and thawed |
| 1 pkg (14 oz.) tofu, firm, cut into 1/2-inch cubes* | 1 cup broccoli florets, cut into 1/2 -inch pieces |
| 1/2 cup bottled teriyaki sauce, reduced sodium | 1 cup red bell pepper, cut into 1/2 -inch pieces |
| 1/2 cup water | 2 cups cooked brown or white rice |
| 1 1/2 cups carrots, shredded | |

Per 1 cup serving:

Calories:.....460

Total fat:.....13 g

Saturated fat:.....2 g

Cholesterol:.....0 mg

Sodium:.....0 mg

Carbohydrate:.....64 g

Protein:23 g

Soy Protein:20 g

Dietary Fiber:9 g

Heat oil in large frying pan over medium high heat. Add tofu, stirring constantly, for 5 minutes or until lightly browned.

Stir in teriyaki sauce, water, carrots, edamame, broccoli and red bell pepper. Bring to boil and cook, stirring constantly, for 3 minutes or until vegetables are tender and sauce has thickened slightly. Serve over brown rice or white rice.

* May substitute chicken or beef for the tofu.

Yield: 12 cups

Eat well. Eat soy.

