

# Vegan Stir Fry



FOODSERVICE

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SERVING SIZE: 36

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## Ingredients

- 1 1/2 liquid cups Water
- 9 cups Tofu, Super Firm, Cubed
- 4 1/2 cups Red Pepper, Diced
- 3 3/8 cups Green Peppers, Diced
- 1 1/2 cups Sliced Mushrooms
- 1 1/2 cups Red Onion, Sliced
- 1/2 cup Minced Garlic
- 5 5/8 cups **Furmano's Black Beans**, Drained & Rinsed
- As Needed Red Pepper Flakes
- 3/4 cup Cornstarch
- 1 3/8 quarts Water
- 1 1/8 liquid cup Soy Sauce
- 1 1/8 teaspoon Dry Ginger
- 1 tablespoon Salt

## In This Recipe



Black Beans, Low Sodium -  
Bella Vista



Black Beans in Brine

## Preparation

1. Place a large Saute' pan over high heat. Add Tofu, reduce heat to medium
2. When tofu begins to brown, add Red Pepper, Green Pepper, Mushrooms, Onion, and Garlic. Saute until vegetables begin to tenderize.
3. Add Black Beans and heat to 180\*
4. In a separate container, mix Soy Sauce, Red Pepper Flakes, Cornstarch, Water, Ginger, and Salt.
5. Pour contents of container into vegetables, heat to 180\*

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