

## Betty's Vegetable Stir-Fry with Tofu And Buckwheat Noodle, An Easy Weeknight Dinner Recipe Inspired by Ayurveda.

### Vegan, Gluten Free

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### INGREDIENTS

3-5 tablespoons Avocado oil or other oil with high-heating point such as sunflower oil.



### Vegetables:

3 cups of cabbage coleslaw mix (white and red cabbage, carrots; may also use napa cabbage or bok-choy)

2 cups baby broccoli for florets

1 cup snow pea pods

6 mini colorful bell peppers, cut into strips (or 1 medium bell pepper)

1 medium red onion, sliced the lengthwise (see notes)

16 ounces extra firm tofu, well drained, cut into 1/4-inch cubes (I used Trader Joe's Organic Super Firm High Protein Tofu; optional)

½ tsp. low sodium organic Tamari Sauce

1-8 oz package of Eden 100% Buckwheat Pasta Soba Noodles or an alternative noodle of your choice

### Sauce:

1 inch knob of each: fresh ginger and fresh turmeric peeled (see notes)

2/3 cup organic Coconut Aminos (see notes)

1 clove garlic (optional)\*

1 Tbsp. toasted sesame oil

1 tsp. real maple syrup

½ cup of water or vegetable broth

### Thickener:

1 Tbsp. organic corn starch or arrow root powder

1 Tbsp. cold water (after sitting, if it becomes too thick, add just a ¼ tsp. water to thin it slightly)

### Spices:

1 whole star anise seed

¼ tsp. cinnamon powder

2 tsp. onion powder

1 clove, ground

½ tsp. freshly ground black pepper

¾ tsp. ground mixture of cumin-fennel-coriander spice blend (see notes fore recipe)

Pinch of cayenne pepper (optional, see notes)

Himalayan mineral salt

Black pepper

Additional coconut aminos for topping

In addition to your kitchen prep utensils, skillet and pots, have available a medium-large metal bowl or large pot for adding and mixing your all your cooked ingredients.

## PREPARATION

1. Prepare your vegetables: Getting all your ingredients ready is helpful before you start cooking.
  - a. wash, rinse, dry, slice all the vegetables and set them aside.
  - b. Peel ginger and turmeric and set aside
  - c. Gather ground spices and whole star anise, then place in a small bowl and mix, set aside.
  - d. Gather all your ingredients for the sauce, then place in a high-speed blender and mix until smooth. Set aside.

- e. Make thickener by mixing corn starch and cold water in a small bowl. Set aside.
  - f. Dice extra firm tofu into ¼ inch cubes and set aside
2. Start boiling about 8 cups of water to cook the soba noodles or per package direction.
3. Heat up a large skillet or wok on medium-high for a couple minutes. When skillet is hot, add 1 Tbsp. of oil, and let it heat up.
4. You will cook all the ingredients separately to ensure the vegetables don't get overcooked and mushy.
5. Add cabbage coleslaw mix to skillet, along with a pinch of mineral salt, and cook stirring frequently. Cook for 3-4 minutes or until cabbage is cooked, but al dente.
6. Add cooked cabbage coleslaw mixture into a large pot or container and set aside.
7. Add 1 tsp. of oil plus baby broccoli to hot skillet, then add 1 Tbsp. of water. Stir around, broccoli will be steamed and cook a little faster. Sauté for about 1-2 minutes, until it turns bright green and is crisp. Place in container with cooked cabbage mixture.
8. Cook snow pea pods as you did the broccoli, then place in container with cooked vegetables.
9. Add 1 tsp. of oil to skillet then sauté bell peppers for about 1 minute. Place cooked bell peppers with other cooked vegetables in the container.
10. Add 1 tsp. of oil to skillet then sauté red onions for about 2 minutes. Place cooked onions with other cooked vegetables in the container.
11. Add 1 Tbs. oil to skillet, along with diced tofu. Sprinkle tofu with ½ tsp. low sodium organic Tamari Sauce. Stir to mix. Let it cook for 2 minutes and then stir again. Stir every 2-3 minutes until tofu is toasted

and browned. About 7-10 minutes. Then place in pot with other cooked vegetables.

12. While tofu is cooking, cook noodles according to directions. Soba noodles should be cooked about 5-6 minutes so they do not get mushy. After cooking, drain and rinse with cold water, then drain well again. Place noodles in pot with other cooked vegetables + cooked tofu.
13. Heat up sauce mixture in a small-medium pan. Add ground spice blend + star anise to sauce mixture and let it come to a boil.
14. Add thickener mixture to boiling sauce and make sure to stir constantly to prevent burning. When sauce is not cloudy, and is thicker, it is done. Turn off heat, then taste and add mineral salt + extra black pepper to taste. Additional coconut aminos may be added to taste.
15. Pour thickened sauce over cooked noodles, tofu, and veggies. Mix carefully and thoroughly.
16. Enjoy!

#### Notes:

- \*Garlic- I did not use fresh garlic since I ran out of it, but added Trader Joe's dried black garlic flakes, about ¼ tsp.
- Cumin-Fennel-Coriander Spice Blend Recipe:
  - 1 Tbsp. of whole seed of each spice, cumin, fennel, coriander
  - Add to a spice grinder or coffee grinder dedicated for spices.
  - Blend whole spices until it is finely ground. For a less finely ground mixture, use a mortar and pestle.

- Doshaj Adjustments
  - Vata: use whole wheat soba noodles in place of buckwheat soba noodles
  - Pitta: omit cayenne pepper, add some bitter greens such as kale
  - Kapha: add cayenne pepper and extra black pepper
- Time Saving Steps
  - After grocery shopping, prep vegetables for future use by washing, rinsing, drying and chopping them. Place them in containers to use within 2 days.
  - Purchase pre-chopped vegetables
  - Make frequently used homemade spice blends ahead of time and place in an airtight jar. Store ground spices in the cabinet to avoid light and allow for longer shelf life.
- [How To Slice Onions](https://www.simplyrecipes.com/recipes/how_to_slice_an_onion/)
- [How to Peel, Chop and Grate Ginger](https://www.simplyrecipes.com/recipes/how_to_peel_and_chop_ginger/)
- Coconut Aminos Nutrition, Alternative to Soy Sauce: <https://www.healthline.com/nutrition/coconut-aminos>