

# Filipino-Inspired Tofu Adobo

## Ingredients

- 1 package extra firm tofu
- ¼ cup rice vinegar or white vinegar
- ¼ cup water
- 1/3 cup soy sauce
- 2 cloves garlic, minced  
(or 3 teaspoons garlic powder)
- ½ teaspoon black pepper
- 2-3 tablespoons sugar
- 2 tablespoons olive oil
- 1 cup chopped vegetables (fresh or thawed frozen. Broccoli, carrots, cauliflower are good options)
- 2 teaspoons white flour or corn starch

**Nutrition Tip:** Eat this tasty tofu dish with a whole grain like brown rice for a balanced meal!



## Directions

Remove tofu from packaging. Pat dry.

In a bowl, stir together vinegar, water, soy sauce, garlic, black pepper, and sugar. Cut tofu into bite-sized pieces. Place in bowl with sauce and mix. Let sit for 10 mins.

Heat oil in a pan over medium heat and cook marinated tofu on all sides, getting a nice browning for texture. Add vegetables and cook until done. Add a few tablespoons of leftover tofu marinade into pan and let it heat for 10 seconds.

In a small bowl, mix white flour/corn starch with 2 teaspoons of water and pour into pan. Turn off heat. Mix together and the sauce should thicken. Ready to eat!

Recipe adapted from <https://cookbooks.leannebrown.com/good-and-cheap.pdf>

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