

# Teriyaki Soy Rice Bowl

**NUMBER OF SERVINGS: 4**

## Ingredients

- Soybean oil 1 Tbsp (15 mL)
- Firm tofu, drained, cut into ½-inch cubes 1 package, water-packed 14 oz (400 g)
- Bottled teriyaki sauce, reduced sodium ½ cup (125 mL)
- Water ½ cup (125 mL)
- Carrots, shredded 1½ cups (375 mL)
- Frozen edamame (shelled), thawed 1 cup (250 mL)
- Broccoli florets, cut into ½-inch pieces 1 cup (250 mL)
- Red bell pepper, cut into ½-inch pieces 1 cup (250 mL)
- Cooked brown or white rice 2 cups (500 mL)

## Directions

1. Heat oil in large frying pan over medium heat.
2. Add tofu, stirring occasionally, for 5 minutes or until lightly browned.
3. Stir in teriyaki sauce, water, carrots, edamame, broccoli and red bell pepper.
4. Bring to boil and cook, stirring constantly, for 3 minutes or until vegetables are tender and sauce has thickened slightly.
5. Serve over brown or white rice.

## NUTRITION PER SERVING

Calories 460 | Protein 64g | Fat 13g | Carbohydrates 9g | Fibre 13g | Sodium 700mg



Soybeans occupy the largest area among all field crops in Ontario.



Health Canada recognizes that soy protein can help reduce cholesterol and has an approved food health claim.



If you find shredding carrots difficult, you can purchase them already shredded, or try slicing them in thin slices instead.



“This recipe is tasty with a nice ratio of tofu, veggies, and rice. I suggest using a dark teriyaki sauce to ensure enough flavour to enhance the tofu.” Debbie, 72

# Mains



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