

Recipe

Sweet and Sour Vegetables II

By

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Ingredients

1 package of deep fried tofu*
1 green pepper, chopped
1 red pepper, chopped
4 tomatoes, chopped
1/2 cup carrot, chopped
1 ½ tsp salt
1 tsp brown sugar, optional
2 tbsp oil
1 tbsp corn starch
2 tbsp water

Preparation

This is the most traditional way of making sweet and sour vegetables, without pineapples.

Heat 2 tbsp of oil in the pan. Cook carrots and peppers for 3 minutes then add tomatoes and cook for another 5 minutes. Add tofu and seasoning, and cook for another 5 minutes. Turn the heat to low and add the corn starch mixture (corn starch + cold water). Cook for another 1 to 2 minutes.

* Fried tofu looks like fried paneer and can be found easily in most oriental stores. Or you can deep fry firm tofu (cut into cubes first).

Serves

4-6

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