Tofu Stir Fried Veggies

**Ingredients:**

* 1 block (3 cups) of extra firm tofu, cubed
* ½ cup of tomato
* 2 ¾ cups of zucchini
* ¾ cup (1 bunch) of green onions
* 2 cups of peppers (orange and yellow)
* 1 tbsp of any oil
* 1 tsp of cumin seeds
* ½ tsp of turmeric powder
* ¼ tsp of chili powder
* ½ tsp of coriander seed powder
* ½ tsp of black pepper
* ¼ tsp of salt

**Directions:**

* Toast cumin seeds in oil
* Add onions in pan with cumin seeds, cook for 2 mins
* On low heat, add zucchini to pan, cook for 5 mins
* On high heat, add tomatoes and peppers to pan, cook for 2 mins
* Add in tofu
* Add turmeric powder, chili powder, coriander seed powder, black pepper, and salt
* Mix well, cook for 1 min

**Serving Size:**

* Recipe yields 6 servings.

**Pairings:**

* Roti
* Rice
* Sweet potato
* In a wrap
* Added in pasta