



Dept. of Health Education
Tufts University

GENERAL TSO'S TOFU

Ingredients:

- 5 - 12 oz. boxes firm tofu, cubed
- Flour
- 15 tablespoons vegetable oil
- 15 green onions, chopped
- 5 tablespoons ginger, minced
- 5 tablespoons garlic, minced
- 3 ¹/₃ cup vegetable stock
- 1 ¹/₄ cup granulated sugar
- 10 tablespoons soy sauce
- 5 tablespoons white vinegar
- red pepper, to taste
- steamed broccoli

Time: 30 min

Servings: 12-15 people



Directions:

- Cube the tofu and sprinkle with flour
- Heat oil in pan and fry tofu piece until golden. Drain the oil.
- Heat 3 tablespoons of oil and add green onions, ginger, and garlic.
- Add vegetable stock, sugar, soy sauce, vinegar, and red pepper to the mix.
- Serve with steamed broccoli.

Did you know? General Tao's Tofu is a vegetarian version of General Tao's Chicken. This dish is named after General Tao Tsung-tang, or Zuo Zongtang, a Qing dynasty general and statesman, although this connection is tenuous. He is said to have enjoyed it, and perhaps helped create a dish, but there are no recorded recipes.

Benefits: It's a good way for vegetarians to obtain enough protein, dietary fiber and iron to meet their daily needs!

Visit the [BYL](http://sites.tufts.edu/balanceyourlife/) blog and website for more delicious, healthy recipes and other useful information!

<http://sites.tufts.edu/balanceyourlife/> and <http://ase.tufts.edu/healthed/balance.htm>