



Vegan Cabbage Stir-Fry Recipe Card

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Servings: 4

Ingredients

- 1/2 medium green cabbage, chopped
- 1 block firm tofu, pressed and cubed
- 1 red bell pepper, sliced
- 1 cup shredded carrots
- 3 green onions, sliced
- 3 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon olive oil
- 1 teaspoon maple syrup or brown sugar
- 1 teaspoon rice vinegar

- Salt and black pepper to taste

Optional Toppings

- Sesame seeds
- Red pepper flakes
- Sriracha
- Extra green onions
- Crushed peanuts or cashews

Instructions

1. Press the tofu for at least 15 minutes and cut it into cubes.
2. Heat olive oil in a large skillet or wok over medium-high heat.
3. Add the tofu and cook until golden brown on most sides.
4. Stir in the garlic and cook for 30 seconds.
5. Add the cabbage, bell pepper, and carrots.
6. Cook for 6 to 8 minutes, stirring often, until the vegetables soften slightly.
7. Stir in the soy sauce, sesame oil, maple syrup, and rice vinegar.
8. Toss everything together until evenly coated and heated through.
9. Top with green onions, sesame seeds, or sriracha before serving.

Notes

- Pressing the tofu helps it brown better in the skillet.
- Add noodles or rice if you want a heartier meal.
- A splash of extra soy sauce helps refresh leftovers.
- Stir-fry cooks quickly, so prep ingredients before starting.

Estimated Nutrition Per Serving

- Calories: 260
- Protein: 13g
- Carbohydrates: 18g
- Fiber: 5g
- Net Carbs: 13g
- Fat: 15g
- Sodium: 640mg