



Total Time
60 MIN.

Serving & Size
1 SERVING (1 1/4 CUPS)

Difficulty
MEDIUM

Yields
16

Crisp vegetables tossed with seared tofu and dressed with a delicious, spicy Thai Stir Fry Sauce made with V8® Low Sodium Spicy Hot Vegetable Juice.

Nutrition Facts	
Serving Size	1 SERVING (1 1/4 cups)
Amount Per Serving	
Calories	283
% Daily Value	
Total Fat 7.4g	11%
Saturated Fat 0.8g	4%
Cholesterol 0mg	0%
Sodium 827mg	34%
Total Carbohydrate 46.7g	16%
Dietary Fiber 4g	16%
Protein 11.6g	23%
Vitamin A 31%	Vitamin C 78%
Calcium 29%	Iron 15%

TIP

Serve stir fry over rice or rice noodles.

For a meat option, add chicken breast, shrimp or beef.

For additional garnish, serve with a wedge of lime.

INGREDIENTS	WEIGHT	MEASURE
tamarind paste		9 tbsp.
ketchup		1/2 cups
Low Sodium Spicy Hot V8® , 46 ounce container		1 bottles
lime juice		1 cups
reduced sodium soy sauce		1 cups
brown sugar		1 1/2 cups
sriracha hot chili sauce		1/4 cups
vegetable oil		1/4 cups
firm tofu, 1/2-inch cubes	24 oz.	4 1/2 cups
garlic, peeled, chopped fine		4 tbsp.
yellow onion, thinly sliced	16 oz.	3 cups
broccoli, florets	14 oz.	7 cups
carrot, sliced into coins	10 oz.	2 333/1000 cups
snow peas	5 oz.	7 cups
green onion, thinly sliced, 1/4-inch	5 oz.	2 333/1000 cups
fresh bean sprouts, cleaned	16 oz.	8 cups
cilantro, chopped	4 oz.	
cornstarch		1/4 cups



water

1/4 cups

INSTRUCTIONS

1. In large pot, combine ketchup, V8®Low Sodium Spicy HotVegetable Juice , lime juice, soy sauce, brown sugar and Sriracha. Heat on medium high heat, whisking frequently until the tamarind paste is softened, and the brown sugar has dissolved.
2. In a separate bowl, whisk together cornstarch and cold water.
3. Whisk cornstarch mixture into sauce mixturein a slow steady stream. Mix until completely incorporated. Reserve.
CCP: Heat to a minimum internal temperature of 165°F for 1 minute.
CCP: Hold for hot service at 140°F or higher until needed.
4. Heat vegetable oil in a wok. Add tofu. Brown on all sides.
5. Add garlic, onion, broccoli and carrots. Stir constantly until onions are golden brown. Add in snow peas. Stir to coat.
6. Add in prepared sauce. Heat on medium-high heat until vegetables are al dente.
CCP: Heat to a minimum internal temperature of 165°F for 1 minute.
7. Remove from heat. Add scallions and bean sprouts. Mix well.
8. Garnish with chopped Cilantro.
CCP: Hold for hot service at 140°F or higher until needed.
9. To serve, using1-#4 scoop and 1-#16 scoop, portion1-1/4cups onto plate. Serve immediately.