

## Hot and Sour Stir-Fried Kale

Based on a favorite Hot n' Sour Soup from a Seattle restaurant, we skip the soup and add more vegetables...in this case, kale. This cozy, comfort-food version of stir-fry combines hot, savory, sweet and sour with lots of texture.

*Hint: Quick-cook some rice this morning. You'll have healthy brown rice all ready when you get home! Simply place 1 C. brown rice and 2-1/4 C. water on the stovetop and bring to a hard boil. Turn off burner, let the boil settle a little, cover and leave sitting on the burner for the day. You'll have perfect rice waiting as you start fixing dinner tonight.*

**Preparation time: 30 minutes**

**Servings: 3**

**Ingredients:**

1 C. brown rice  
and  
2-1/4 C. water

**Prep**

1 bunch fresh kale (*Chopped leaves only. Discard stems.*) - 4 oz. -  
2 cloves garlic (*smashed and chopped*) - .21 oz. -  
2/3 C. red onion (*sliced and quartered*) - 3.7 oz. -  
two squares marinated, grilled tofu - 7- oz. -  
or  
one package commercial Asian-style baked and marinated tofu - 5 oz. -

**Stir-fry Assembly**

1 tsp. sesame oil - .14 oz. -  
6 white mushrooms (*sliced*) - 5 oz. -  
  
1 tsp. sesame oil - .14 oz. -  
garlic, and onion (*from above*)  
  
1 C. low-sodium vegetable broth - 8 fl. oz. -  
2 tsp. low-sodium soy sauce - .32 oz. -  
  
2 T. cornstarch -.08 oz. -  
*mixed with*  
1/2 C water - 4 fl. oz. -  
1/4 tsp. cayenne pepper (*add more to taste and tolerance*) - .02 oz. -  
4 T. rice wine vinegar - 2.3 fl. oz. -  
3 T. white granulated sugar - 1.32 oz. -  
one can sliced water chestnuts (*drained*) 6 oz.  
2 eggs - 3.5 oz. -  
*whisked with*  
1/2 C. water - 4 fl. oz. -  
  
1/2 C. frozen peas - 2.4 oz. -  
  
1 medium tomato - 5 oz. - (*chopped*)  
1 1/2 C. cooked brown rice. - 10 oz. -

### **Instructions:**

- **If you didn't quick cook rice this AM, put rice on to cook now. Set a timer for 30 minutes, when it starts to boil. Turn heat to low and cover as it cooks.**

### ***Prep***

- **Wash kale and cut away stems. Discard stems. Roll leaves, slice and chop. Set leaves aside.**
- **Smash and chop garlic and slice and quarter red onion. Set Aside.**
- **Break up pieces of tofu and set aside in a bowl.**

### ***Stir-fry Assembly***

- **In a large sauté pan or wok cook mushrooms in oil until they brown. Remove from pan and set aside.**
- **Add another tsp. sesame oil to the same pan used for the mushrooms. Drop in chopped garlic and onion and toss over medium-high heat until garlic browns.**
- **Add broth and soy sauce to pan. Bring to a boil and thicken with cornstarch mixture. Reduce heat to low and continue cooking 7-minutes, stirring often.**
- **Add cayenne pepper vinegar and sugar to thickened sauce and stir well.**
- **Then stir in chopped kale leaves. Return to a boil and cook 4-minutes.**
- **Whisk egg and 1/2 C. broth together and stir into mixture while liquid is boiling.**
- **Add frozen peas and toss once more. Return to boil.**
- **Add browned mushrooms, water chestnuts, and tofu. Toss gently to coat well with sauce. Remove from heat and serve.**
- **Chop tomatoes while you rewarm rice.**
- **Warm 1/2 cup rice per serving for 1-minute in microwave. Pack rice in a ladle to shape it and place in center of flat serving bowls or plates.**
- **Ladle 2 C. stir-fry around each mound of rice.**

*Top with chopped tomato and serve.*

***Extra Recipe Info.***

***Quick Cooking Rice***

*This is as easy as 1...2...3*

- 1. While you're making coffee in the morning, measure 1 C. brown rice and 2-1/4 C. water into a medium saucepan and place on the burner.***
- 2. Bring it to a hard boil.***
- 3. Turn off burner, cover and leave sitting on the burner as it cools for the day.***

*When you arrive home tonight, you will have perfectly cooked rice that is ready to eat. Just rewarm it in the microwave before you serve the meal.*

***Important! Do not cook the rice in this manner using chicken broth, as it would not be safe to leave chicken broth unrefrigerated for the day.***