



V-LEARNING COMMUNITY

Tofu

Tofu Steaks and Bread

Tofu Steaks are a great meat alternative or as a base for an open sandwich. Sliced sweet potato or yams also make a good sandwich base.

- Make marinate:
 - 1/8 cup of soy sauce
 - 1/8 cup of canola oil, water, or vegetable broth
 - 1 tbsp of nutritional yeast
- Cut tofu steaks about a 1/2 inch to inch thick.
- Dip tofu steaks in marinate on each side.
- Lightly cover with flour (optional)
- Place in 4 (or more) cup bowl. May want to flip in bowl a couple times to marinate further.
- After marinating for about 30 minutes, cook in skillet or air fryer (350 degrees for 10 minutes in each side) until crispy on the outside.

Bacon and Egg

Marinate a thin slice of tofu for bacon or crumble for scrambled eggs. See recipes on Fundamentals page of the www.VLearningCommunity.org website.

Homemade Tofu

2 cups of cooked soybeans

Optional: 3 tablespoons of flaxseed or chia seeds. Add 3-5 tablespoons of water and let sit for 5 minutes to reach gelatin consistency. Or, 1/4 cup of whipped aquafaba

Blend ingredients in a food processor until it's relatively smooth. Form to desired shape, which could be a block (using tofu press), strips, or base for an open sandwich. Bake (300 degrees) or air fry for 10-15 minutes, which will make the outside crispy and help hold its shape. This can be eaten as is, or marinated and cooked again for a few more minutes.

