



-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.
- 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.

### Homemade Tofu

Place 2 cups of cooked soybeans in a food processor, and blend until it's relatively smooth. Form to desired shape, which could be a tofu block, strips, or base for an open sandwich. Bake for 10 minutes at 350 degrees. This can now also be marinated and baked again for a few more minutes.

