



v-LEARNING COMMUNITY

Tofu Steaks Recipe

- 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 ½ 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.

