



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 it for scrambled eggs. See recipes on Fundamentals page of the www.VLearningCommunity.org website.

Homemade Tofu

2 cups of cooked soybeans

3 tablespoons of flaxseed or chia seeds (*optional*). May need to add 3-5 tablespoons of water to reach smooth consistency.

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 or air fry for 10 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.

