

TOFU CRUMBLE

YIELD: 10 SERVINGS, 2.2 OZ. PORTIONS (1 oz. equivalent M/MA)

Chef Sam Icklan

Preparing this tofu requires a bit of planning, but it's well worth it. Start by draining the tofu, pressing out the water, wrapping it in food service film and freezing it overnight. Thaw the tofu and the press out the rest of the water, as much as you possibly can. Then, crumble the tofu into fine pieces, similar to the texture of ground beef. Crumbled tofu can be used in a variety of ways: Add tomato paste, garlic, oregano, tomato sauce and basil to create a meatless sauce for pasta. Add taco seasoning to add to burritos or use in tacos and fajitas. Add soy sauce, ginger and garlic to use in rice bowls. Add turmeric, garlic, paprika, peppers and onions for a tasty tofu breakfast scramble.

INGREDIENTS

- 22 oz. extra firm tofu, drained and pressed to remove excess water
- ¼ cup vegetable oil
- ½ tsp salt

DIRECTIONS

1. Two days before cooking, prepare tofu by draining water from package, and pressing out excess water. Wrap tofu and freeze tofu overnight. The next day, allow tofu to thaw completely and press out excess water. Tofu should be quite dry at this point.
2. Crumble tofu into fine pieces, similar to ground beef. Season with salt.
3. Heat a non-stick skillet over medium-high heat and add oil. Heat oil until it begins to shimmer and add tofu. Allow to cook until beginning to brown and add seasoning or sauce of choice. Cook until seasoning is fragrant and tofu is fully heated through, about 10-15 minutes.

RECIPE NOTES

Nutritional information*: 107 calories; 0.78 g sat. fat; 82.4 mg sodium; 1.13 g carbohydrate

* *nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*