

Meat Alternative Recipes

Pulled Tofu

Ingredients

- 1 pack firm tofu (organic preferred)
- Onion powder
- Garlic powder
- Smoked paprika
- Barbecue sauce (use your preferred type)



Directions

1. Preheat the oven to 350°F.
2. Grate the tofu using the large side of a grater.
3. Set the grated tofu aside.
4. Prepare the dry rub by mixing the onion powder, garlic powder and smoked paprika.
5. Combine the grated tofu with the dry rub, ensuring it is evenly coated.
6. Spread the tofu evenly on a baking sheet and bake for 30 minutes.
7. Turn the tofu every 10–15 minutes during baking to ensure it crisps evenly.
8. Remove the tofu from the oven when done and prepare to rehydrate.

Rehydrating the Tofu:

1. Combine $\frac{1}{4}$ cup of water and $\frac{1}{4}$ cup of barbecue sauce in a small bowl.
2. Mix the sauce into the tofu until evenly coated.

Serve:

Serve the tofu with bread and slaw for a complete dish.

