

Browned Tofu

1 lb. tofu
3 T. tahini
1 tsp. salt
2 T. Bragg's liquid aminos
1 tsp. onion powder
1 tsp. garlic powder

Add slices of tofu in pieces, tahini, salt aminos, onion and garlic powder to a frying pan. Brown tofu over medium heat. Toss and stir until almost brown, finish browning, then use as desired. Browned tofu may be used in many ways. You can use it on sandwiches, pizza, in casserole, or serve it by itself.

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Shopping List

Browned Tofu

Ingredients	Weight or Volume	PLU #
tofu	1 lb.	_____
tahini	3 T.	_____
salt	1 t.	_____
Bragg's liquid aminos	2 T.	_____
onion powder	1 t.	_____
garlic powder	1 t.	_____

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