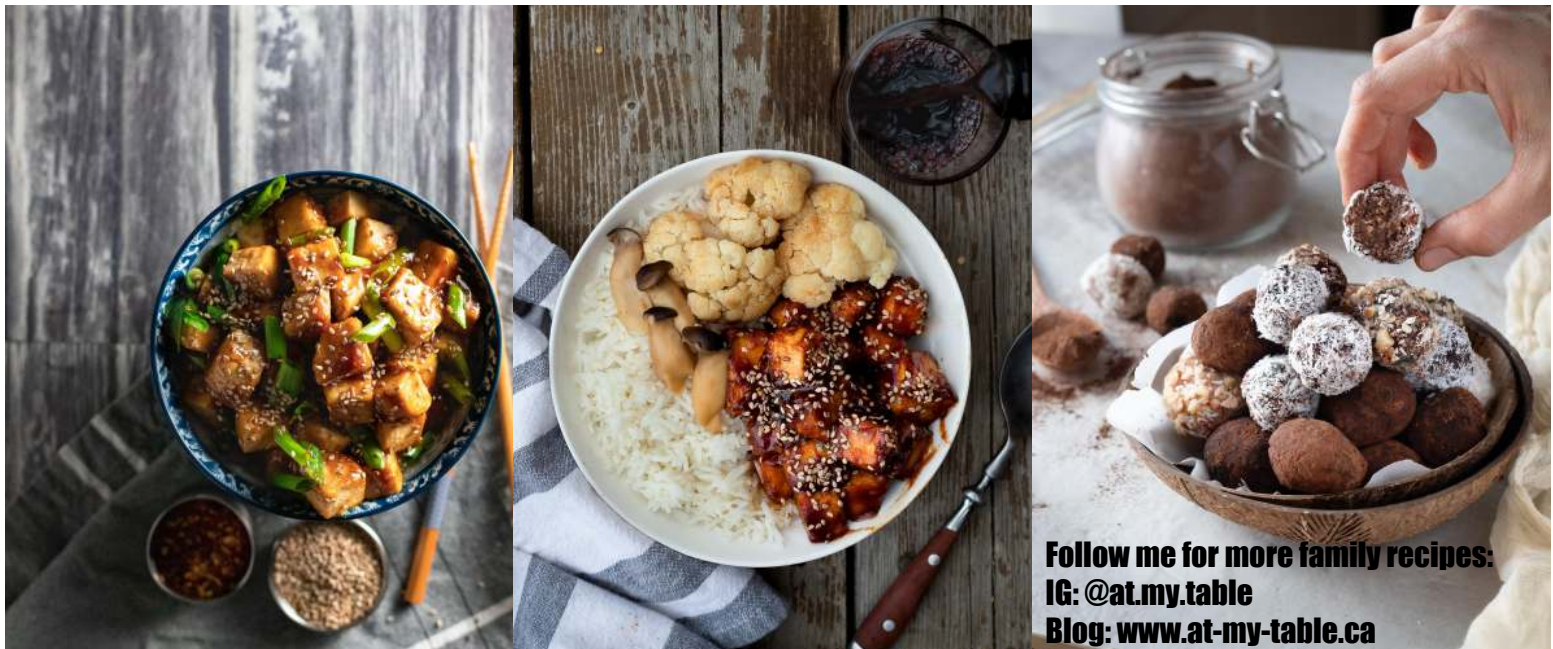




6 quick and simple tofu recipes

Well-balanced, whole-food, plant based



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- 1 block of extra firm tofu, cubed.
- 2 clove garlic, minced
- 1 tbs toasted sesame oil
- 1/2 cup veggie broth
- 1 tsp ground ginger
- 2 tbs maple syrup
- 1 tbs rice vinegar
- 1 tbs lime juice
- 1 tbs tapioca or arrowroot flour and -2 tbs water
- 2 tbs toasted sesame seeds

1. Over a medium hot pan add the sesame oil to the pan and lightly brown your cubed tofu pieces. Add a little water and turn heat down if it starts to burn.
2. Next, add in the veggie stock, garlic, ginger, maple syrup, rice vinegar and lime to the pan and mix. Cook for a few minutes.
3. Meanwhile mix the tapioca and water in a separate bowl then add to the pan. Mix until it thickens the sauce. remove from heat and then sprinkle on the toasted sesame seeds.



- 2 blocks of sunrise soy firm tofu
- 1/4 cup soy sauce or aminos
- Juice from 1/2 lime
- 1 cup nutritional yeast

1. Press your tofu before you start. Simple remove from packaging, place on a large plate. Then place a smaller plate on top and add 2 or 3 cookbooks. Leave for about 1 hour.
2. Then cut into cubes and place in a large bowl. Add in the soy sauce and lime and stir to coat.
3. Place the nutritional yeast in a separate bowl. Then take each tofu cube and roll it in the yeast so it coats the outside. Shake off any excess then place onto a baking sheet.
4. Bake the tofu cubes at 375 for 25 minutes or until golden. I did not flip them but feel free to do so you like!



- 1 block medium firm tofu, cubed
- 2 cups of cooked chickpeas
- 1 onion, chopped
- 3 garlic cloves, minced
- 4 roma tomatoes
- 1 tbs each of curry powder, cumin, turmeric, and coriander.
- 1/4 tsp each salt and pepper
- 2 cups of veggie broth
- 2 limes, juiced
- 1 can of coconut milk
- 1 whole cauliflower, cut small

1. In a large pot over medium high heat saute the onions in some olive oil. Once soft add in the garlic, tomatoes, and all the spices and cook for another 2 minutes, until fragrant.
2. Next, add in all the remaining ingredients but reserve 1/2 the lime juice for later. Continue to cook another 20-30 minutes on low heat.
3. Finally, stir in the remaining lime juice and serve over steamed rice or noodles. Alternatively, eat as is for a lower carb meal. You can also garnish with cilantro or change the veggies for a slightly different meal.

6 quick and simple tofu recipes For the busy parent or workaholic



- 1 block extra firm tofu, cubed
- 1/4 cup tapioca or arrowroot powder
- 1 tbs sesame oil
- 2 cloves garlic, chopped
- 3/4 cups veggie broth
- 1 tbs chopped ginger
- 2 tbs each of maple syrup, soy sauce, and ketchup
- 1 tsp Sriracha sauce (omit if your kiddos are sensitive)
- 3 green onions, thinly sliced

1. In a pan over medium heat pan fry the tofu cubes in the sesame oil until golden. For an oil free version bake the tofu at 375 until golden.
2. When the tofu is ready, add in the rest of the ingredients except the tapioca and green onions.
3. In a small separate bowl add 1/4 cup of the sauce and the tapioca flour and mix until well combined. Add this to the sauce. Continue to cook until the sauce starts to thicken. You can add more water or broth if it becomes too thick.
4. Finally, add in the green onions stir and remove from heat. Serve over some rice.



- 1 block of firm tofu, pressed and cubed
- 1/3 cup of coconut aminos
- 1/3 cup of honey
- 3 tbs tomato paste
- 2 tbs fresh orange juice
- 1 tbs toasted sesame oil
- 2 tsp garlic, minced
- 1 tsp ginger, minced
- 1/4 tsp each of salt and pepper
- 2 tbs sesame seeds, toasted

1. In a medium bowl place all the ingredients, except for the Tofu and sesame seeds.
2. Either bake your tofu at 375 for 15 minutes OR place the uncooked tofu in the sauce bowl and mix until tofu is well coated. If you have the time marinate overnight or for a few hours.
2. Pour the sauce (with Tofu if you choose option 2) onto a heated saucepan and cook over medium heat for roughly 20 minutes. The sauce will begin to thicken and reduce.
3. Remove from heat and toss in the toasted sesame (and baked tofu if you choose option 1) seeds. Mix and then serve over steamed rice or enjoy as is.



- 250g of firm tofu
- 5 medjool dates, chopped small
- 3 Tbs cocoa powder
- 2 tbs maple syrup
- 1 tbs tahini
- 1-2 cups almond meal
- Toppings: some shredded coconut flakes and cocoa powder

1. In a food processor add in the tofu and dates and process until smooth. Then add in the remaining ingredients except for the toppings. Start with 1 cup of almond meal and slowly add in more until the batter is sticky but will form into balls.
2. In 3 small bowls add to each a bit of the almond meal, cocoa powder, and shredded coconut flakes. Form the dough into bite sized balls and then drop into one of the bowl. Roll the bowl so that the ball gets covered with the topping and then place onto a plate.
3. Refrigerate for 3-4 hours or you can freeze for a cold treat. They will last 3 days in the fridge.

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