

# Tofu Turkey with Mushroom Stuffing

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Ingredients	Quantity	Measure
Tofu, firm	1 $\frac{3}{4}$	pounds
Garlic, minced	$\frac{1}{4}$	cup
Olive oil	$\frac{1}{4}$	cup
Sugar	$\frac{1}{4}$	cup
Vital wheat gluten	$\frac{1}{2}$	cup
<b>Stuffing</b>		
Red onion, small chop	1	cup
Mushrooms, white, sliced	1	cup
Celery, chopped	2	pounds
Garlic, chopped, fine	$\frac{1}{4}$	cup
Sesame oil, roasted, divided	$\frac{1}{2}$	cup
Soy sauce, divided	1	cup
Garlic powder	1	tablespoon
Sage, rubbed	1	teaspoon
Rosemary, fresh, fine, chop	1	tablespoon
Thyme, fresh	1	teaspoon
Breadcrumbs, plain	1	teaspoon
Parsley, fresh	$\frac{1}{4}$	cup
Black pepper	1	teaspoon

## Preparation

1. Press tofu to remove excess liquid. Put in colander and cover. Set heavy object on top for 1 hour at room temperature.
2. When done, crumble tofu well. Add olive oil, sugar, garlic, and vital wheat gluten. Mix well, set aside until step 3 below.
3. In a pan, sauté onions, mushrooms, celery and garlic in 1 tablespoon sesame oil until onions are translucent and celery and mushrooms are tender, approximately 5 minutes.
4. Add  $\frac{1}{2}$  cup soy sauce, garlic powder, sage, rosemary, thyme, black pepper. Cook for 5 minutes until veggies are soft. Remove from heat, add breadcrumbs. Mix well.
5. Line a sheet pan with foil and spray with pan release. Put stuffing on pan and shape it into a log. Put tofu mixture on top and shape it into a loaf. Press firmly.
6. Combine remaining sesame oil and soy sauce. Baste the tofu stuffing with this mixture.
7. Cover and bake for 1 hour in a 275-degree oven.
8. Baste again. Leave uncovered until brown (tofu should be set). Garnish with parsley and serve.

# Tofu Turkey with Mushroom Stuffing

## Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

**Nutrition Information** per serving \*From USDA Nutrient Database

Calories: 259 Total Fat: 17g Saturated Fat: 2.6g Monounsaturated Fat: 8g Polyunsaturated Fat: 5.6g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 15g Fiber: 3g Total Sugars: 7g Protein: 14g Sodium: 742mg  
Vitamin A: 23µg Vitamin C: 6mg Calcium: 195mg Iron: 2mg Folate: 45µg

