

HAWAIIAN TOFU

2 PACKS EXTRA FIRM TOFU
CUT EACH BLOCK INTO 6 SLICES
SQUEEZE ALL EXCESS WATER

BLEND TOGETHER

1/4 CUP OF FRESH GINGER
2 CLOVES GARLIC
6 STICKS FRESH THYME
1/3 CUP VEGETARIAN WORCESTERSHIRE SAUCE
OR LIQUID AMINO
3 TSP. CHICKEN STYLE SEASONING
1/4 OF 1 HOT PEPPER OR 1/2 TSP CAYENNE PEPPER
2 TSP PAPRIKA
2 TBS PEANUT BUTTER
2 TBS OLIVE OIL
COAT EACH PIECE OF TOFU WITH MIXTURE AND
BAKE AT 300 UNTIL GOLDEN BROWN

SAUCE

SAUTÉ

1 ONION CHOPPED
1 CUP SLICED MUSHROOMS
1 TBS. OLIVE OIL
CHOPPED FRESH GARLIC

ADD

1-CUP TOMATO SAUCE OR MARINARA SAUCE
2TBS RAW SUGAR
1/4 CUP LEMON JUICE
2TBS OF APRICOT PRESERVES

POUR OVER BAKED TOFU SLICES, ADD 1 CUP
SLICED PEPPERS AND RETURN TO OVEN FOR FEW
MORE MINUTES