

Tofu "Turkey" Holiday Dinner Casserole

Michelle Ainsworth, Muskoka Vegetarian Association



This is a festive recipe for any holiday or gathering and it's easy to make and low cost. Impress your vegetarian or vegan friends by making this easy to follow protein-enriched recipe for them.

During the holiday season people who don't eat meat are often left to eat just vegetables – we all know that protein is important and this recipe is a great way to get your protein in a meat-free way!

Ingredients:

For tofu turkey:

- 12 cups water
- 1/2 cup plus 2 tbsp soy sauce
- 3 packs firm tofu drained and cut into 1-inch by 5-inch triangle-shaped chunks
- 2 tbsp oil
- 1 1/2 tbsp oregano
- 4 tbsp poultry seasoning
- 1 tsp thyme
- 3 tbsp sage
- 1 veggie bouillon cube
- 2 tbsp Worcester sauce

For veggie mix:

- 1 small onion cut into chunks
- 1 medium onion cut into chunks
- 1 1/2 cups uncut mini yellow potatoes
- 4 cups carrots, cut into chunks

2 tbsp olive oil

1 tsp sage

Instructions:

1. Pre-heat oven to 350F.
2. In a large, wide pot heat all tofu turkey ingredients except for tofu and bring to a rapid boil.
3. Add tofu chunks to liquid and boil on high for 45 minutes, making sure the liquid does not boil away. DO NOT STIR TOFU!! Using a wooden spoon gently turn the tofu about 20 minutes into boiling.
4. In a large casserole dish, place all veggies around and toss, add the olive oil and sage and toss. Place veggies all along the side of the casserole dish.
5. When the tofu is done boiling, with a slotted spoon take out pieces of tofu from liquid and place in the middle of the casserole dish.
6. Using a ladle, scoop two scoops of the liquid over the veggies and tofu, equally distributing it over all. Reserve the remaining liquid.
7. Cover with foil and bake for 25 minutes, then remove from oven and gently flip the ingredients and cover again. Bake for another 30 minutes, checking periodically to ensure it does not dry out. If it appears dry, add more liquid from the pot.
8. Use the remaining liquid to make a brown gravy.
9. Remove tofu turkey dinner casserole from oven and garnish with kale or parsley. Serve with gravy.

Enjoy!! Happy Holidays!!