

CHORIZO-STYLE TOFU CRUMBLES

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- 2 pkgs Tofu
- 2 tbsp. Olive Oil
- 2 tbsp. Light Soy Sauce
- 2 tbsp. Chili Powder (extra for darker color)
- 2 tsp. Smoked Paprika
- Pinch of Chipotle Powder (optional)
- 1 tsp. Garlic Powder
- 1 tsp. Oregano
- 1 tsp. Black Pepper
- ¼ tsp. Cumin
- ¼ tsp. Coriander
- ⅛ tsp. Ground Cloves

Instructions:

1. Preheat your oven to 350 degrees F and prepare baking sheet with parchment paper.
2. Drain the water from the tofu, pat dry with a paper towel and then crumble into a bowl.
3. In a separate bowl, mix the olive oil, soy sauce, vinegar and dry spices. Omit the chipotle powder to cut the spice level.
4. Pour mixture over the tofu crumbles and use your hands to mix together until well coated.
5. If a darker color is desired, add additional chili powder.
6. Spread mixture onto baking sheet in even layer.
7. Bake in oven for 25-30 minutes, stirring every 5-6 minutes.
8. For crispier texture, turn oven up to 450 degrees F and bake a little longer.
9. Use the tofu crumbles anywhere you would use crumbled meat.



University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.