

Holiday Nut Loaf

INGREDIENTS

- 1 c. tofu + 1/2 c. water (or 1 c. soaked soybeans with 1 c. water)
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 1 Tbsp Bragg's Liquid Aminos (or 2 tsp soy sauce)
- 1/4 c. gluten flour or cornstarch
- 1 1/2 tsp salt
- 1 Tbsp onion powder
- 1 tsp ground sage or Italian seasoning
- 3-4 c. soft whole grain bread crumbs
- 2 c. pecans (you may use walnuts, almonds, peanuts, sunflower seeds, or cashews)
- 2 c. finely chopped onions

INSTRUCTIONS

1. Blend tofu (or soybeans) with water, garlic, and seasonings.
2. Combine remaining ingredients in a mixing bowl. Add blended tofu or soybeans and mix well. Hint: A food processor or high-speed blender will greatly simplify the preparation of this loaf. The bread can easily be made into crumbs several slices at a time, the nuts can be ground, and the onions chopped. These bread crumbs are made using soft, untoasted bread. Dried crumbs are more compact, so if you use them, use only 1 1/2 to 2 cups.
3. Place mix in lightly oiled or nonstick loaf pan. Cover with foil and bake at 350°F for 1 hour.
4. Remove foil and bake uncovered for 30 more minutes.
5. Remove from oven and let cool for about 5 minutes to give it a chance to set up before removing from the pan. Turn upside down onto a serving dish.
6. Garnish with fresh parsley or kale and serve with a [Simple Gravy](#).

Variation: Cashew-Carrot Loaf

Follow the Holiday Nut Loaf recipe using 2 cups raw cashew nuts in place of the pecans. Use 1 cup finely ground or grated carrot and reduce onion to 1 cup finely chopped onion. Use 1 tablespoon Chicken-Like Seasoning in place of the Bragg Liquid Aminos.

Serving Tips: A good entrée for a holiday meal along with cranberries, mashed potatoes, and gravy. This loaf freezes well. Leftover loaf is delicious when slices are placed in a nonstick skillet and browned on each side. Delicious in sandwiches or burgers.

Ready in: about 2 hours

Serves: 10

<http://newstartclub.com/recipes/detail/holiday-nut-loaf>



TOFU TURKEY

INGREDIENTS

Celery dressing:

- 2 loaves French Bread
- 2 c. chopped celery
- ½ c. nutritional yeast flakes
- 1 tsp. salt
- 2 Tbsp. sage
- 2 c. chopped onions
- 1 c. soy milk powder
- ¼ c. Chicken Style Seasoning
- 6 c. water
- 1 tsp. thyme

"Turkey"

- 6 lb. Tofu
- 1 ½ c. finely chopped onion
- 1 c. nutritional yeast flakes
- 1 tsp. tumeric
- 6 ½ c. quick oats
- ½ c. Chicken Style Seasoning

INSTRUCTIONS

Celery dressing:

1. Break bread into small pieces in large bowl.
2. Steam rest of ingredients and toss lightly into dry bread.
3. If too dry, add more water.
4. Shape into mound in center of sprayed baking sheet.
5. Bake @ 350° for 45-60 min.
6. Cool and shape turkey recipe over dressing.

"Turkey"

1. Squeeze all liquid out of tofu and then finely crumble.
2. Mix all ingredients together.
3. Have bowl of warm water ready to dip your hands into as you are forming the turkey shape on top of cooled dressing.
4. Wet fingers to smooth and shape legs and wings to look like real turkey.
5. Bake @ 350° F until brown approximately 30 min.

Serve with gravy.

<http://newstartclub.com/recipes/detail/tofu-turkey>