

Sunday Morning Scrambler

Serves 24

6 medium potatoes, peeled and cut into 1/2-inch cubes
1/2 cup olive oil

6 onions, chopped
6 red bell peppers, chopped
1 pound mushrooms, sliced
6 pounds Nasoya ® Firm Tofu, rinsed and patted dry
1 cup nutritional yeast flakes
1 1/2 teaspoons freshly ground black pepper
2 cups salsa

1. Put the potato cubes into a pot of boiling water, and boil for 2 minutes. Drain the potatoes and return to the dry pot. Drizzle with half the olive oil and stir to coat. Mist a baking sheet with non-stick cooking oil spray. Spread the potatoes on the baking sheet in a single layer and place under the broiler for 5 minutes or until golden brown. Remove from the heat and set aside.

2. Put the remaining olive oil in a large non-stick skillet (or grill) and set over medium-high heat. Add the onion and cook, stirring, until softened, about 3 minutes. Add the red bell pepper and mushrooms and cook, stirring, for 5 minutes. Crumble the tofu into the pan/grill and cook, stirring, for 2 minutes. Stir in the nutritional yeast flakes, pepper, salsa, and reserved potatoes. Cook until heated through and serve hot.

Per Serving: 0mg cholesterol, 200 calories, 11g fat, 13g carbohydrate, 15g protein

Hot Fiesta Baked Potatoes

Serves 24

2 pounds Nasoya ® Soft Tofu, rinsed and patted dry
4 cups non-dairy sour cream
1/4 cup freshly squeezed lemon juice
1/4 cup olive oil
4 onions, chopped
2 1/2 pounds frozen chopped spinach, defrosted and drained
4 cups chunky salsa
1/4 cup nutritional yeast flakes
1 1/3 cup sliced black olives (optional)

24 hot baked potatoes

1. Combine the tofu, non-dairy sour cream, and lemon juice in a food processor and blend until totally smooth. Set aside.
2. Heat the oil in a large skillet over medium-high. Add the onion and cook, stirring, until softened, about 5 minutes. Add the spinach and cook, stirring, until all of the water from the spinach has evaporated, about 5 minutes. Stir in the salsa, nutritional yeast flakes, reserved tofu mixture, and olives, if using. Simmer for 5 minutes, remove from heat, and serve as topping over the baked potatoes (about 1/2 cup filling per potato).

Per Serving: 0mg Cholesterol, 204 Calories, 15g Fat, 17g Carbohydrate, 7g Protein

Crispy Fried Tofu Sticks

(Serve with Vegan Tartar Sauce)

Serves 24

8 cups cornmeal

8 pounds Nasoya ® Extra-Firm Tofu, rinsed and patted dry

Vegetable oil for frying

Vegan Tartar Sauce (recipe follows), for dipping

1. Put the cornmeal into a shallow baking pan, spread it evenly over the bottom, and set aside.
2. Slice each block of tofu lengthwise into 5 equal rectangles. Then, slice each rectangle lengthwise into 3 equal “sticks” (15 sticks per block of tofu). Lay the tofu sticks on top of the cornmeal. Gently shake the baking dish until all sides of each tofu stick are coated, using your fingers to gently coat them if necessary. You may have to do this in more than one batch depending on the size of the pan.
3. Deep fry the tofu sticks OR pan-fry them in vegetable oil. To pan fry, pour a thin layer of oil into a large, non-stick skillet, and heat over medium-high. Carefully lay the tofu sticks into the oil, and fry all four sides of each stick for 3 to 4 minutes each until crispy all over, using tongs or a fork to flip the tofu. When done, drain the tofu sticks on a wire rack.

Serve immediately with Vegan Tartar Sauce

Per 5-Stick Serving: 0mg Cholesterol, 363 Calories, 17g Fat, 38g Carbohydrate, 16g Protein

Vegan Tartar Sauce

Makes about 2 3/4 cups

2 cups Nayonnaise ® Eggless Mayonnaise

3/4 cup pickle relish relish

2 Tablespoons onion granules

Combine the eggless mayonnaise, relish, and onion granules in a small bowl and mix well.

Per teaspoon: 0mg cholesterol, 15 calories, 1g fat, 1g carbohydrate, 0g protein

Manicotti Florentine

Serves 24

6 pounds Nasoya ® Soft Tofu, rinsed and patted dry
7 pounds frozen chopped spinach, thawed and well drained
1 cup fresh, chopped parsley (or 1/3 cup dried)
1 1/2 teaspoons salt
1 1/2 teaspoons ground black pepper
3 pounds uncooked manicotti
1 can (#10 – 106 oz) spaghetti sauce
1/3 cup non-dairy parmesan cheese (optional)

1. Preheat the oven to 350 degrees F.
2. Put the tofu in a large bowl and mash it with a fork or potato masher. Stir in the spinach, parsley, sea salt, and pepper. Set aside
3. Cook the manicotti until al dente. Drain and gently rinse with cold water until cool enough to handle.
4. Pour a thin layer of spaghetti sauce in the bottom of a large baking dish and set aside. Using a small spoon or a pastry bag, stuff the manicotti with the tofu filling and arrange in a single layer over the sauce. Spoon the remaining sauce over manicotti and sprinkle with the non-dairy parmesan cheese. Cover and bake for 35 minutes or until bubbly. Uncover, bake for 5 minutes, and remove from heat and let stand for 5 minutes before serving.

Per Serving: 0mg cholesterol, 364 calories, 7g fat, 58g carbohydrate, 22g protein

Shepherd's Pie

Serves 24

Mashed Potato Topping:

12 medium potatoes, peeled and cut into medium chunks
1/3 cup olive oil
1 to 1 1/2 cups Vitasoy ® Soy Milk (original flavor)
Salt and pepper to taste

Filling:

3 tablespoons vegetable oil
3 large onions, chopped
9 cloves garlic, minced
1/2 cup all-purpose flour
6 cups vegetable broth
3/4 cup sherry cooking wine
1 tablespoon dried basil
1 tablespoon dried parsley
1 1/2 teaspoons garlic granules
1 1/2 teaspoons poultry seasoning
1 1/2 teaspoons salt
1/2 teaspoon ground black pepper
3 pounds Nasoya ® Firm or Extra-Firm Tofu, patted dry and cut into 1/2-inch cubes
3 pounds frozen mixed vegetables, defrosted (peas, corn, green beans, carrots, etc.)
Salt and pepper to taste

1. To make the mashed potato topping, cook the potatoes in boiling water until tender, about 15 minutes. Drain them and mash in a medium bowl with the olive oil, soymilk, salt, and pepper. Set aside.
2. Preheat oven to 400 degrees. Mist a deep-sided baking pan with non-stick cooking oil spray and set aside.
3. To make the filling, heat the oil in a large skillet over medium-high. Add the onion and garlic and cook, stirring, until the onion is soft, about 10 minutes. Sprinkle the flour over the onions and stir to coat. Gradually pour in the vegetable broth, stirring constantly to prevent lumps. Stir in the sherry and simmer, stirring constantly, until thick, about 2 minutes.
4. Stir in the basil, parsley, garlic granules, poultry seasoning, salt, and pepper. Gently stir in the tofu and defrosted vegetables, and adjust the seasonings to taste.

Vegetarian Chili

Serves 24

1/2 cup chili powder
1 1/2 Tablespoons ground cumin
1 1/2 Tablespoons paprika
1 1/2 Tablespoons dried oregano
1 1/2 Tablespoons salt
1 1/2 Tablespoons sugar
4 pounds Nasoya ® Firm or Extra-Firm Tofu, frozen, defrosted, and pressed

1/4 cup olive oil
4 onions, chopped
4 carrots, chopped
8 cloves garlic, minced
4 red bell peppers, chopped
1/2 (#10 – 106 oz) can black beans, rinsed and drained
1 (#10 – 106 oz) can crushed tomatoes
2 1/2 pounds frozen chopped kale or spinach (defrosted and drained)
2 cups sliced black olives (optional)

1. In a large bowl, mix together the chili powder, cumin, paprika, oregano, salt, and sugar and set aside. Crumble the tofu into the bowl of spices and stir until the tofu is thoroughly coated with the spices. Set aside.

2. Heat the oil in a large heavy-bottomed pot over medium-high. Add the onions, carrots, and garlic and cook, stirring, for 5 – 10 minutes. Add the red bell pepper and cook, stirring, for 5 - 10 minutes. Add the reserved tofu and cook, stirring, for 5 – 10 minutes. Add the black beans, crushed tomatoes, kale, and olives, if using. Bring to a boil, reduce the heat, and simmer until the kale is tender, about 5 minutes.

Per serving: 0mg cholesterol, 363 calories, 7g fat, 55g carbohydrate, 23g protein

Southwestern Corn Chowder

Serves 24

1/4 cup olive oil
8 leeks, chopped
8 cloves garlic, minced
8 red bell peppers, chopped
8 cups vegetable broth
1 (#10 – 106 oz) can whole peeled tomatoes
1 pound Nasoya® Silken Tofu, crumbled
8 cups frozen corn, defrosted
1/4 cup chopped fresh parsley (or 1 tablespoons dried)
2 tablespoons hot sauce
1 tablespoons salt

1. Heat the oil in a large, heavy-bottomed pot over medium-high. Add the leeks and garlic and cook, stirring, for 5 minutes. Add the red bell peppers and cook, stirring, for 5 minutes. Add the vegetable broth and tomatoes, breaking apart the tomatoes with a wooden spoon. Bring to a boil, cover, reduce the heat, and simmer for 20 minutes.

2. Remove from the heat, add the tofu, and puree the soup using a hand-held immersion blender. (Alternatively, puree the soup in batches using a traditional blender, then transfer back into the pot.) Stir in the corn, parsley, hot sauce, and salt. Heat gently for 10 minutes or until the corn is hot.

Per Serving: 0mg cholesterol, 172 calories, 5g fat, 29g carbohydrate, 6g protein

Corn Chowder

Serves 24

3 tablespoons olive oil
3 onions, chopped
6 stalks celery, chopped
3 red bell peppers, chopped
6 medium potatoes, peeled and cut into 1/2-inch cubes
12 cups vegetable broth
1 pound Nasoya® Silken Tofu
1 tablespoons dry white wine
1 tablespoon dried basil
1 tablespoon salt
Freshly ground black pepper, to taste
6 cups frozen corn, defrosted

1. Heat the oil in a large, heavy-bottomed pot over medium-high. Add the onion, celery, and red bell pepper and cook, stirring, until soft, about 5 minutes. Stir in the potatoes and cook, stirring, for 5 minutes. Add the vegetable broth and bring to a boil. Reduce the heat and simmer until the potatoes are soft, about 10 minutes. Remove from the heat.

2. Remove 3 cups of the soup liquid and transfer it to deep bowl. Let cool for 5 minutes and add the tofu, white wine, basil, salt, and pepper. Blend until smooth using a hand-held blender, then pour back into the soup pot along with the corn. Simmer for 5 minutes and serve.

Per Serving: 0mg cholesterol, 165 calories, 4g fat, 26g carbohydrate, 6g protein

Mediterranean Tofu

(Serve over rice, pasta or couscous)

Serves 24

1 1/2 pounds sun-dried tomatoes marinated in olive oil and herbs
4 onions, chopped
8 cloves garlic, minced
4 pound Nasoya ® Firm or Extra-Firm Tofu, rinsed, patted dry, and cut into 1/2-inch cubes
2 cups (packed) chopped fresh basil
1 cup sliced Kalamata olives
1/2 cup pine nuts (garnish)

1. Strain the sun-dried tomatoes, reserving both the tomatoes and the oil.
2. Put about 1/2 cup of the reserved oil in a large, non-stick skillet and heat over medium-high. Add onions and cook, stirring, until softened, about 7 minutes. Add the garlic and sauté for 2 minutes. Add the tofu and cook, stirring, for 5 minutes. Add the basil, olives, and reserved sun-dried tomatoes and cook, stirring, for 5 minutes, adding a bit of water, vegetable broth, or reserved oil if the mixture gets dry. Serve over rice or pasta and garnish with pine nuts.

Per Serving: 0mg Cholesterol, 144 Calories, 9g Fat, 10g Carbohydrate, 8g Protein

Tofu Burritos

Serves 24

3/4 cup chili powder
2 tablespoons ground cumin
2 tablespoons paprika

2 tablespoons dried oregano
2 tablespoons salt
2 tablespoons sugar
6 pounds Nasoya ® Firm or Extra-Firm Tofu, frozen, defrosted and pressed
1/3 cup olive oil
6 onions, chopped
6 green bell peppers, chopped
12 cloves garlic
6 tomatoes, chopped
6 cups frozen corn, defrosted
24 warm flour tortillas
Sliced avocado, black olives, and/or jalapeño peppers (optional)

1. In a medium bowl, add the chili powder, cumin, paprika, oregano, salt, and sugar and stir to combine. Crumble the tofu into bite-size chunks and place them in the spice mixture. Stir well until the tofu is completely coated with the spice. Set aside.
2. Heat olive oil in a large non-stick skillet over medium-high. Add onions, peppers, and garlic and cook, stirring, until softened, 7 - 10 minutes or until softened. Add the seasoned tofu and cook, stirring, for 5 minutes. Add the tomato and corn and cook, stirring, for 5 - 10 minutes or until hot.
3. Lay the tortillas on a flat surface and evenly divide the filling onto the middle of each, making rectangular mounds. If desired, top with slices of avocado, olives, and/or jalapeño peppers. Grasp the two ends that are closest to the filling, and fold them over the filling. Fold the bottom end over the filling (and over the two sides), and continue to roll all the way up. Place the burritos seam-side-down and serve.

Per Serving: 0mg cholesterol, 313 calories, 13g fat, 38g carbohydrate, 16g protein

Thai Salad

Serves 24

3/4 cup apple cider vinegar
3/4 cup soy sauce
2 cups chopped fresh cilantro
1/3 cup toasted sesame oil
1/3 cup fresh lemon juice
2 cups pure maple syrup
9 cloves garlic, minced
6 thai chilies, seeds removed, minced
2 tablespoons minced fresh ginger
3 pounds Nasoya ® Extra-Firm Tofu, cut into 3/4-inch cubes

3 small purple cabbages, coarsely chopped
6 large carrots, coarsely shredded
30 scallions, sliced

1. In a large container, whisk together the vinegar, soy sauce, cilantro, sesame oil, lemon juice, maple syrup, garlic, chilies, and ginger. Add the tofu cubes, and stir to coat. Cover and refrigerate for about 1 hour, gently stirring once.
2. Remove from refrigerator and add the cabbage, carrots, and scallions. Stir gently and refrigerate for about 1 hour before serving.

Per Serving: 0mg Cholesterol, 197 Calories, 6g Fat, 32g Carbohydrate, 7g Protein

Chickenless Salad

(Serve in sandwiches or on bed of lettuce)

Serves 24

8 pounds Na

soya ® Firm or Extra-Firm Tofu, frozen, defrosted, and pressed

2 1/2 cups Nayonnaise ® Eggless Mayonnaise

8 stalks celery, minced

8 scallions, minced

3 tablespoons poultry seasoning

2 teaspoons salt

1 teaspoon ground black pepper

In a medium bowl, crumble the defrosted tofu into small, bite-size chunks. Add the eggless mayonnaise, celery, scallion, poultry seasoning, salt, and pepper and stir well to combine. Chill for at least 1 hour before serving.

Per Serving: 0mg cholesterol, 173 calories, 12g fat, 5g carbohydrate, 12g protein

Eggless Salad

(Serve in sandwiches or on bed of lettuce)

Serves 24

6 pounds Nasoya ® Firm or Extra-Firm Tofu, rinsed and patted dry

6 stalks celery, minced

3/4 cup minced red bell pepper

1 cup Nayonnaise ® Eggless Mayonnaise

3/4 cup pickle relish

1/3 cup nutritional yeast flakes (optional)

1 1/2 teaspoons ground mustard

1 1/2 teaspoons salt

1 1/2 teaspoons ground black pepper

1/2 - 3/4 teaspoon turmeric

1. Gently grate the tofu (like cheese) into a large bowl. Gently stir in the celery and red bell pepper.
2. In a medium bowl, combine the eggless mayonnaise, relish, nutritional yeast flakes, mustard, salt, pepper and turmeric and stir well. Fold into the tofu mixture and stir gently. Chill for at least 1 hour before serving.

Per Serving: 0mg cholesterol, 125 calories, 7g fat, 7g carbohydrate, 11g protein

Sloppy Joes

Serves 24

4 1/2 cups ketchup
3/4 cup soy sauce
3/4 cup yellow mustard
3/4 cup pure maple syrup
1/2 cup cider vinegar
1/4 cup olive oil
3 onions, finely chopped
6 stalks celery, finely chopped
6 pounds Nasoya ® Firm or Extra-Firm Tofu, frozen, defrosted, and pressed
24 buns

1. In a medium bowl, combine the ketchup, soy sauce, mustard, syrup, and vinegar. Mix well and set aside.
2. Heat the olive oil in a non-stick skillet over medium-high. Add the onion and celery and cook, stirring, for 5 minutes. Crumble the tofu into the pan and cook, stirring, for 5 minutes. Add the ketchup mixture and stir to coat. Cook, stirring frequently, until the bottom of the pan is deglazed and the mixture is heated through, about 5 minutes.
3. Serve on the buns.

Per Serving: 0mg Cholesterol, 326 Calories, 10g Fat, 48g Carbohydrate, 14g Protein

Tofu Reubens

Serves 24

8 pounds Nasoya ® Firm or Extra-Firm Tofu, rinsed and patted dry

Oil for grill

24 slices of soy cheese (your choice)

2 cups Nayonnaise ® Eggless Mayonnaise

3/4 cup ketchup

1/4 cup dried oregano

6 cups sauerkraut, drained well

48 slices rye bread, toasted

1. Slice each block of tofu lengthwise into 6 equal rectangles. Lay each piece of tofu on an oiled, preheated grill, and cook until golden brown on the bottom, 7 to 10 minutes. Carefully flip the tofu and lay a slice of cheese over each piece. Cook, covered, until the bottom is golden brown and the cheese has melted, about 5 minutes. Set aside and keep warm.
3. To make the dressing, mix together the eggless mayonnaise, ketchup and oregano in a medium bowl.
4. Top 24 slices of the toast with dressing, cheese-topped tofu, sauerkraut, and remaining toast. Slice in half and serve.

Per Serving: 0mg cholesterol, 400 calories, 18g fat, 43g carbohydrate, 18g protein

Miso Soup

Serves 24

24 cups water

3 pounds Nasoya ® Soft Tofu, rinsed and cut into 1/2-inch cubes

3 cups thinly sliced kale, cut into 1-inch ribbons

1 1/2 cups dark miso

18 scallions, chopped

1 1/2 teaspoons toasted sesame oil

1 1/2 teaspoons soy sauce

1. Put the water in a large soup pot and bring to a boil. Add the tofu and kale, reduce the heat, and simmer for 5 minutes.

2. Transfer 2 cups of the cooking liquid to a small bowl. Add the miso to the small bowl of water and stir until completely dissolved. Stir the miso mixture back into the soup and simmer for several minutes over very low heat until the soup is smooth and becomes “cloudy” from the miso. Stir in the scallions, sesame oil, and tamari. Season to taste, adding more sesame oil and/or soy sauce if desired.

Per Serving: 0mg cholesterol, 88 calories, 4g fat, 7g carbohydrate, 7g protein

Cream of Tomato Soup

Serves 24

1/3 cup olive oil
6 onions, chopped
6 cloves garlic, minced
1 1/2 (#10 – 106 oz) cans whole, peeled tomatoes
12 cups vegetable broth
1 pound Nasoya ® Silken Tofu
1/3 cup red wine (optional)
1 tablespoon salt
1 tablespoon dried basil
Ground black pepper, to taste
3 cups finely chopped escarole, kale, or spinach (optional)

1. Heat the oil in a large soup pot over medium-high. Add onion and cook, stirring, until the onion is softened, 7 - 10 minutes. Add garlic and cook, stirring for 2 minutes. Add the tomatoes and break them apart with a wooden spoon. Add the vegetable broth and bring to a boil. Cover, reduce the heat, and cook for 30 minutes.

2. Add the tofu, wine, salt, basil and pepper puree the soup using a hand-held blender. (Alternatively, puree the soup in batches using a traditional blender, then transfer back into the pot.) Add escarole (if using) and simmer until tender, about 10 minutes. Season to taste and serve.

Per Serving: 0mg cholesterol, 135 calories, 5g fat, 19g carbohydrate, 4g protein

Corn Chowder

Serves 24

3 tablespoons olive oil
3 onions, chopped
6 stalks celery, chopped
3 red bell peppers, chopped
6 medium potatoes, peeled and cut into 1/2-inch cubes
12 cups vegetable broth
1 pound Nasoya ® Silken Tofu
2 tablespoons dry white wine (optional)
1 tablespoon dried basil
1 tablespoon salt
Ground black pepper, to taste
6 cups frozen corn, defrosted

1. Heat the oil in a large soup pot over medium-high. Add the onion, celery, and red bell pepper and cook, stirring, until soft, about 5 minutes. Stir in the potatoes and cook, stirring, for 5 minutes. Add the vegetable broth and bring to a boil. Reduce the heat and simmer until the potatoes are soft, about 7 - 10 minutes. Remove from the heat.

2. Remove 3 cups of the soup liquid and transfer it to a separate pot. Add the tofu, wine, basil, salt, and pepper. Blend until smooth with an immersion blender, then pour back into the soup pot along with the corn. Simmer for 10 minutes and serve.

Per Serving: 0mg cholesterol, 165 calories, 4g fat, 26g carbohydrate, 6g protein

Lemon Cream Pie Filling

Serves 24 (Makes 3 pies)

3 pounds Nasoya ® Soft Tofu, rinsed and patted dry
2 cups sugar
1/4 cup freshly squeezed lemon juice
2 tablespoons lemon extract
2 tablespoons freshly grated lemon zest
1 tablespoon vanilla extract

Using a blender or food processor, blend all of the ingredients for several minutes until completely smooth.

Note: Filling can be divided into 3 pie shells. Bake at 350 degrees and refrigerate for at least 3 hours or overnight before serving.

Per Serving: 0mg Cholesterol, 110 Calories, 2g Fat, 18g Carbohydrate, 4g Protein

Pumpkin Pie Filling

Serves 24 (Makes 3 pies)

2 pounds Nasoya ® Soft Tofu, rinsed and patted dry
3 (15-ounce) cans pumpkin puree
2 1/4 cups sugar
4 teaspoons ground cinnamon
4 teaspoons vanilla extract
2 teaspoons ground ginger
2 teaspoon salt
1 1/4 teaspoon ground nutmeg

Using a blender or food processor, blend all of the ingredients for several minutes until completely smooth.

Note: Filling can be divided into 3 pie shells. Bake at 350 degrees for 1 hour, cool, and refrigerate for at least 3 hours or overnight before serving.

Per Serving: 0mg Cholesterol, 122 Calories, 2g Fat, 24g Carbohydrate, 3g Protein

Chocolate Cream Pie Filling/Chocolate Mousse

Serves 24 (Makes 3 pies)

3 pounds Nasoya ® Silken Tofu
1 1/4 cups pure maple syrup
5 1/2 cups non-dairy chocolate chips, melted
2 tablespoons vanilla extract
1/8 teaspoon salt

Put the tofu in a food processor and blend until completely smooth, about 2 minutes. Add the syrup, melted chocolate chips, vanilla extract, and salt. Blend until totally smooth.

Notes:

Filling can be divided into 3 pie shells. Do not bake. Refrigerate for at least 3 hours over overnight before serving.

Chocolate Cream Pie Filling can be served as Chocolate Mousse rather than poured into a pie shell. When making Chocolate Mousse, decrease chocolate chips to 4 1/2 cups.

Per Serving: 0mg cholesterol, 290 calories, 13g fat, 37g carbohydrate, 6g protein