

Baked Potatoes with Tofu

Ingredients:

- 5 lbs of russet potatoes
- 1 tsp salt
- 1 large yellow onion, chopped
- 3 packets of extra firm tofu
- 1.5 cups of Spanish queen olives with pimentos, chopped
- 2 tbsp. Bragg liquids
- 3 tsp McKays chicken vegan seasoning
- 1/2 tsp ground turmeric
- 2 tsp garlic powder
- 2 tbsp. mushroom seasoning
- 2/3 cup water



Nutrition Facts	
20 servings per container	
Serving size	1 cup (189g)
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 39g	14%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 121mg	10%
Iron 3mg	15%
Potassium 1116mg	25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions:

1. Preheat the oven to 350 degrees. Prepare the tofu blocks by pressing out all of the moisture, this can be done with two plates and some weight on top or with a tofu press. Once done cut the tofu into large chunks.
2. Peel and chop the potatoes into large chunks. Once these are ready put them into a pot with enough water to cover and add the 1 tsp of salt. Bring pot to a boil, once boiling time the potatoes to cook for 5 minutes. Test the potatoes by piercing them with a fork. They should be easy to pierce but firm. Immediately put under cold running water in a colander to cool for about a minute.
3. Put the diced onion into a large non-stick pan and cook until translucent. Add the tofu and sauté for 5 minutes. In a separate bowl mix together the Bragg liquids, McKays, ground turmeric, garlic powder, mushroom powder, and the 2/3 cup water. Add the potatoes, olives and liquid mixture until covered. Sauté for another 5 minutes.
4. Place the mixture into a baking dish. Bake for 30– 40 minutes in the oven or until light brown and crispy.