

Spicy Honey BBQ Tofu Sandwich

1.5 blocks firm tofu (22.5 oz total)

Vegetable oil

1/2 cup soy sauce, low sodium

1 small or 1/2 large yellow onion, finely minced

1 tsp minced garlic

1/4 tsp black pepper

1/2 tsp dry mustard

1/4 tsp fennel seed or 1/8 tsp ground fennel

Pinch of dried ginger

Pinch of fresh chopped or dried thyme

Pinch of cayenne pepper

Pinch of cinnamon

1 cup ketchup

3/4 cup orange juice

1/2 cup honey

2 Tbsp cider vinegar

Onion rolls

Lettuce leaves

Tomato, sliced

Tear tofu by hand into chunks of various sizes. Lightly coat large non-stick skillet with oil and place over medium heat. Sauté tofu, tossing often until it begins to brown. Add soy sauce and sauté briefly until tofu is lightly crispy on exterior but tender inside; set aside.

Lightly coat large saucepan with oil and place over medium heat. Add onions and garlic; when hot, stir in black pepper, dry mustard, spices, and herbs. Sauté until onions are brown, about 5 minutes. Stir in ketchup, orange juice, honey, and vinegar. Bring mixture barely to a boil, stirring often, and add prepared tofu. Cook until tofu is warmed through and sauce thickens. Remove from heat. Serve on toasted onion rolls with lettuce and tomato.

Yields: 7 servings

Source: [The Grit Cookbook](#), by Jessica Greene and Ted Hafer