

Holiday Tofu Loaf

Servings: 24

Prep Time: 15

Cooking Time: 30-45 minutes

Level of Difficulty: Easy

Ingredients:

2 pound(s) extra firm tofu, mashed
3 cup(s) uncooked onion(s), chopped
1 cup(s) uncooked celery, chopped
½ cup(s) sweet mini baby bell pepper(s) (various colors) or regular bell peppers, chopped
2 tbsp minced garlic clove(s)
4 tbsp Earth Balance Natural Buttery Spread
2 tsp sea salt
1 tsp black pepper
2 tsp poultry seasoning
1 tsp celery seed
13 oz Uncle Sam Cereal, Original, Value Size
¾ cup(s) green pumpkin seeds (pepitas)
¼ cup(s) walnut(s), chopped
¼ cup(s) sunflower seeds

Instructions:

1. Preheat oven 350°.
2. In a large skillet, sauté onion, celery, peppers, minced garlic, salt, pepper, poultry seasoning and celery seed in Earth Balance until tender (3-5 minutes).
3. In large mixing bowl, add sautéed mixture and then the remaining ingredients. Mix well with your hands.
4. Spray baking pan (9x13) with oil and then spread/press out mixture with hands.
5. Bake for approximately 30-45 minutes on bottom shelf of oven, rotating pan halfway through baking. The length of bake time depends on the moistness of the mixture.

Country Gravy:

½ cup warm water	½ cup cashew pieces
1 tbsp onion powder	1 tbsp arrowroot powder
3 tbsp Bragg's Liquid Aminos	1 tbsp nutritional yeast
¼ tsp garlic powder	

Place all ingredients in high-powered blender and blend until smooth. Pour into saucepan. Add 1-1/2 cup(s) water. Cook over medium heat, stirring constantly, until thick.