

Bean Bacon

Ingredients:

1 pound (package) Extra Firm Tofu, drained and patted dry (or Firm Tofu wrapped in a clean

washcloth for four hours or so)

For Marinade:

1 C Soy Sauce (or Coconut Aminos)

2 T Tomato Paste

2 T Vegan Worcestershire Sauce (or Worcestershire Sauce)

2 T Maple Syrup (or Brookshire’s Butter Maple)

2 T Liquid Smoke (or Smoked Paprika)

2 C Water

Nutritional Yeast Flakes (sprinkle)

Directions:

1. Slice Tofu as thinly as possible
2. Mix Marinade ingredients in a bowl
3. Place Marinade in a Resealable Container
4. Strain Tofu slices out of Marinade (reserve Marinade for another use if desired, for up to 7 days)
5. Cook Bean Bacon in a skillet on Medium Heat until brown and crispy
6. Sprinkle Nutritional Yeast Flakes while cooking
7. Serve as desired