



Flavorful Tofu Crumbles

By Chef Veera Gaul, Ph.D.



Ingredients

8 oz extra firm tofu, drained and crumbled
1 tablespoon O&V [Garlic EVOO](#) (plus some for brushing the baking sheet) *
1 ½ teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon cayenne powder or spicier chili powder
½ teaspoon O&V [Smoked Paprika](#) *
1 tablespoon soy sauce
2 teaspoons nutritional yeast (optional)

Preparation

Preheat the oven to 400F. Lightly brush the pan with a little oil.

Drain the tofu well. In a medium bowl, mix together the oil, garlic powder, onion powder, cayenne pepper, paprika and soy sauce. Crumble the tofu into the bowl. Combine the spice mix with the crumbled tofu until well mixed. Spread on the prepared baking sheet.

Bake in the oven for 20-25 minutes, stirring once at the 10-minute mark. Remove from oven.

You can use this for tacos, quesadillas, nachos, over a salad or add it to a marinara sauce or my Mushroom Bolognese for added protein.

Serves 2

Active time 5 minutes. Total time 25 minutes

Notes

* The [Garlic EVOO](#) adds an additional layer of flavor to the tofu and I love the deep, smoky and rich flavor that the [Smoked Paprika](#) gives to these crumbles. As always, feel free to substitute with other high-quality ingredients if you wish.

Categories: Entrees, Soups & Salads, Snacks & Sides, Vegan, Vegetarian, Dairy Free, Gluten Free, Weeknight Meal, Mediterranean Diet, Plant Based, Tofu Quesadillas, Tofu Nachos, Tofu Tacos, Tofu Bolognese, Tofu Pasta Sauce, Smoked Paprika, Garlic EVOO, Extra Firm Tofu