

Tofu pot pie (adapted from recipe by Louise Hagler and Dorothy R. Bates)

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Ingredients:

¼ cup flour

1 tbsp nutritional yeast flakes (must be nutritional yeast, not baker's or brewer's yeast)

1 tsp salt

½ tsp garlic powder

Add & stir to coat:

1 cups firm tofu, cut in ½ in. cubes

Instructions:

1. Combine ingredients in a small bowl.
2. Heat a skillet and sauté coated tofu cubes in one tablespoon of vegetable oil until lightly browned.
3. Add one cup chopped onions and ½ cup chopped celery to the pan.
4. When onions are soft, add other vegetables such as cooked carrots, whole kernel corn, fresh or frozen peas, or green beans.
5. Make gravy (below), mix with the tofu and vegetables and place in a pre-baked pie crust, and top with a second unbaked pie crust.
6. Crimp the crust edges together with a fork and poke a few holes in the top with a fork to vent. Bake at 375 degrees for 40 minutes until lightly browned.

Golden gravy:

Ingredients:

1/3 cup white unbleached flour

1/3 cup nutritional yeast flakes (must be nutritional yeast, not baker's or brewer's yeast)

¼ cup vegetable oil

2 cups water

1 tbsp soy sauce

Black pepper to taste

Instructions:

1. Toast the flour and yeast flakes over medium-low heat in a skillet until you can start to smell it (be careful, it burns easily). Add the oil and stir.
2. Add water, stir with a whisk and let it simmer a couple of minutes until the desired consistency is reached (it thickens quickly).
3. Add the soy sauce and pepper.