

Tofu Teriyaki Jerky



PREP TIME

4 hrs 10 mins

COOK TIME

3 hrs



COURSE

Snack



SERVINGS

8 servings

CALORIES

140 kcal

EQUIPMENT

- large mixing bowl
- whisk
- baking sheet & parchment paper

INGREDIENTS

- 1 c soy sauce
- ½ c brown sugar
- ¼ c rice vinegar
- ¼ c mirin
- 1 Tbsp grated ginger
- 1 Tbsp grated garlic
- 1 Tbsp onion powder
- 1 tsp black pepper
- ½ tsp liquid smoke
- 1 lb extra-firm tofu pressed & drained
- cooking spray

INSTRUCTIONS

1. In a large bowl, whisk together the soy sauce, brown sugar, rice vinegar, mirin, ginger, garlic, onion powder, black pepper, and liquid smoke until well combined.
2. Cut the tofu into strips, about 1/4 inch (6.35mm) thick and 1 inch (25.4mm) wide.
3. Add the tofu strips to the marinade, making sure each piece is fully coated. Cover and refrigerate for at least 4 hours or overnight.
4. Preheat the oven to 200°F (93°C). Line a baking sheet with parchment paper and lightly coat with cooking spray.
5. Remove the tofu from the marinade and lay the strips in a single layer on the prepared baking sheet.
6. Bake for 2-3 hours, until the tofu is dried and chewy. Flip the tofu halfway through the baking time.
7. Remove from the oven and allow the tofu to cool completely. Store in an airtight container for up to 2 weeks.

NUTRITION

Nutrition Facts

Tofu Teriyaki Jerky

Amount Per Serving	
Calories	140
Calories from Fat 18	
% Daily Value*	
Fat	2g
Carbohydrates	23g
Protein	11g
% Daily Value*	
Fat	3%
Carbohydrates	8%
Protein	22%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!