

Stuffed "Turkey" Loaf



PREP TIME

5 mins

COOK TIME

1 hr

TOTAL TIME

1 hr 5 mins



COURSE

Dinner, Lunch



SERVINGS

10 servings

CALORIES

220 kcal

INGREDIENTS

- 1 lb Extra Firm Tofu
- 1 c water
- 2 Tbsp mild oil, like canola
- 5 Tbsp Nutritional Yeast
- 2 Tbsp onion powder
- 4 tsp garlic powder
- 2 tsp poultry seasoning
- 1¼ tsp salt
- 1¾ c vital wheat gluten
- 2 c unbaked Apple Sage Sausage Stuffing

For the "skin" (optional)

- 4 sheets rice paper wrapper
- ½ c water
- 2 tsp soy sauce
- 2 tsp mild oil
- 1 pinch poultry seasoning

INSTRUCTIONS

1. Making the Loaf: In a food processor, add tofu and water and process until completely smooth.
2. While continuing to process on low, add oil, nutritional yeast, onion powder, garlic powder, poultry seasoning and salt until completely incorporated.
3. Transfer mixture to a large bowl and add your vital wheat gluten, mixing with your hands when necessary.
4. Lay out two pieces of aluminum foil about 12 inches long in a cross shape. Spritz this with cooking spray.
5. Transfer your tofu mixture into the middle of the aluminum foil and gently press into a rectangle as wide (or deep) as your steamer pan. (Basically, one this is rolled up, it needs to fit into your steamer pan with the lid on. So you may be able to make yours longer and thinner or you may need to make yours shorter and fatter.)
6. Add your 2 c. of unbaked stuffing mixture into the center of your tofu mixture and mold it with your hands to be nearly the length of the roll.
7. Carefully roll up your loaf, sealing the stuffing completely on the inside.
8. Wrap the aluminum foil tightly around your loaf. Its easiest to wrap one piece lengthwise, and then the second piece width wide.
9. Place your loaf in your steamer basket over medium heat and steam for 1 hour.
10. Optional Rice Paper "Skin": In a shallow dish, add $\frac{1}{2}$ c water, 2 tsp soy sauce, 2 tsp oil, and a pinch of poultry seasoning.
11. Drag one piece of rice paper through the mixture at a time until the rice paper begins to soften.
12. Wrap the piece around your loaf, starting at one end and covering it. The paper will continue to soften as it warms around the loaf.
13. Repeat this with the remaining three pieces of rice paper until your loaf is completely covered.
14. Baking the "skin": Preheat oven to 400°F/ 204°C
15. Place the loaf in a bread pan by itself. Bake for 20minutes.
16. Allow to cook for 20 minutes before slicing into ten pieces.

NOTES

If you had to make your loaf shorter and fatter, you should add 20 minutes to the steaming time.) When done steaming, remove from steamer, let cool a bit, and remove the foil.

If planning on eating on the same day as cooking, you may wish to add a rice paper "skin". If you're not planning on eating it on that day, better to skip the skin, as it can harden over the subsequent days. In that case, skip adding the skin, and move straight to the baking step.

NUTRITION

Nutrition Facts

Stuffed "Turkey" Loaf

Amount Per Serving

Calories 220 Calories from Fat 54

% Daily Value*

Fat 6g **9%**

Carbohydrates 14.5g **5%**

Fiber 2g **8%**

Protein 26.4g **53%**

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

Tried this recipe?

Let us know how it was!