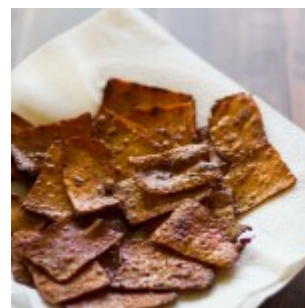


# Easy Tofu Bacon



4.4 from 7 reviews



Author: Beth Hornback | Pass the Plants Prep Time: 5 minutes Cook Time: 240 minutes

Total Time: 245 minutes Yield: 30 slices (approx.)

## Description

This easy tofu bacon is smoky, crispy, and a little bit chewy – perfect for a vegan BLT!

## Ingredients

1 block extra firm tofu (drained and patted dry)

### FOR THE MARINADE

1 cup soy sauce

2 tablespoons tomato paste

2 tablespoons Vegan Worcestershire sauce

2 tablespoons Maple Syrup

2 tablespoons Liquid Smoke

2 cups water

## Instructions

- 1 Slice the tofu as thinly as possible.
- 2 Mix marinade ingredients together in a tall resealable container.
- 3 Add sliced tofu to the marinade and set aside for 4 hours or overnight. (see note for a quick marinade option)
- 4 Strain tofu slices out of the marinade (reserve marinade for another use if desired).
- 5 Cook tofu bacon slices in a skillet or griddle over medium heat until browned and crispy.



- 6 Serve as desired, but I must recommend a TBLAT (Tofu Bacon Lettuce Avocado Tomato sandwich, of course!)

## Printable Recipe

Get 1000's of Recipes & More. Download Recipe-Star.com

recipe-star.com



### Notes

- i Quick Marinade Option: Microwave tofu slices in marinade for 10 minutes on medium power, or simmer tofu and marinade in a saucepot for 10-15 minutes before straining and cooking the slices.
- i Reuse marinade as many times as you like, but discard after 3 days (keep refrigerated).

## Nutrition Facts

Serves 5

**Amount Per Serving**

**Calories 82**

**% Daily Value\***

**Total Fat** 0.5g **1%**

**Cholesterol** 0mg **0%**

**Sodium** 1426.7mg **59%**

**Total Carbohydrate** 14.9g **5%**

Sugars 9.1g

**Protein** 5.3g **11%**

**Vitamin A** 5.2µg **0%**

**Vitamin C** 2.3mg **4%**

### Did you make this recipe?

Tag [@passtheplants](#) on Instagram and hashtag it [#passtheplants](#)

Find it online: <https://passtheplants.com/easy-tofu-bacon/>



---

AN ELITE CAFEMEDIA FOOD PUBLISHER