

# UC-VEG

## Umpqua Community Veg Education Group

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## Blackened Grilled Tofu

### Ingredients:

- 1 block extra firm tofu
- 1 tsp garlic powder
- 1/3 cup soy sauce
- 1 tsp onion powder
- 1 tbsp paprika
- 1 tsp cayenne pepper
- 2 tsp black pepper
- 1/2 tsp oregano
- 1 tsp salt
- 1/2 tsp dried thyme

Press tofu well to remove extra water. Slice tofu into four thick pieces 1-inch thick. Place soy sauce in a shallow pan and add the tofu. Allow tofu to marinate for at least 30 minutes (more is fine), turning once or twice to marinate the tofu evenly.

Make a blackened seasoning mixture by combining the paprika, pepper, salt, garlic powder, onion powder, cayenne pepper, oregano, and thyme in a small bowl.

Remove the tofu from the soy marinade and dip each side into the blackened seasoning spice mixture, making sure the tofu is generously coated with the spice mixture. Don't skimp – this is where all the good flavor comes from!

Grill on medium-hot grill for about 4-5 minutes on each side, or until done. You could also pan-fry your tofu in a few tablespoons of oil. Enjoy!

\*Recipe from: By Jolinda Hackett [vegetarian.about.com](http://vegetarian.about.com)