

TOFU JERKY

source: friend of a friend

Ingredients:

1 block extra firm tofu, cut into slices or strips OR 750 g lean beef steak (top sirloin or round, at which point it's no longer tofu jerky)

1/3 C soy sauce

1/4 C minced onion

3 Tbsp brown sugar

2 Tbsp white vinegar

1 Tbsp grated fresh ginger

1 tsp grated orange rind

1/2 tsp minced garlic

Directions:

Place tofu/alternate protein product in a plastic container. mix all other ingredients and pour over tofu. marinate 12-24 hours in the fridge.

To dehydrate, place tofu/meat on a cookie sheet and stick it in the oven on the lowest temperature setting overnight with a wooden spoon propping the door open until tofu is dry and chewy.