

Tofu BBQ on a bun

1+ recipes of faux meat crumbles or 1 bag of store bought hamburger substitute
1 ½ c BBQ sauce
1 ½-2 lb firm tofu -pressed to eliminate water, then , chopped into small pieces or crumbled
If desired: ¼-1/2 an onion minced and sauteed
1 red bell pepper, chopped

Put all ingredients into crockpot and add more BBQ sauce as needed to thoroughly coat. Cook 6 hours until fully heated. Serve on burger buns.

Recipe from: http://peasandthankyou.com/recipe/?recipe_id=6000646 but it is no longer there.

Faux meat crumbles

1 Tablespoon each soy sauce; Worcestershire sauce; steak sauce
¼ tea each: onion powder, garlic powder, ginger

Mix all together with 1 c water until well combined. Bring to a boil for 1 minute. Add 1 c dry TVP and remove from heat. Stir well.