

VEGETARIAN BUDGET FRIENDLY MEAL IDEAS

Soy Marinated Tofu Bowls with Spicy Peanut Sauce (Makes 4 servings)

Ingredients:

- Soy marinated tofu
 - 14 oz. firm tofu
 - 1 Tbsp. light olive oil
 - 2 Tbsp. soy sauce
 - 1 Tbsp. minced garlic
 - 1 Tbsp. brown sugar
- Sesame rice
 - 2 cups brown rice
 - 3.25 cups of water
 - 1 Tbsp sesame oil
- Spicy peanut sauce
 - ¼ cup creamy peanut butter
 - 1 Tbsp. sriracha
 - 1 tsp. soy sauce
 - 1 tsp. grated ginger (or ginger powder)
 - 1 tsp. brown sugar
 - 3 Tbsp. hot water
- Other Ingredients
 - 1 tsp. olive oil for pan frying
 - ½ lb. snap peas
 - 1 Tbsp. sesame seeds

Directions:

- Begin by pressing the tofu to remove excess moisture.
- While the tofu is pressing, begin the rice.
 - Cook your rice according to the package directions.
 - Once the rice has cooked, fluff it with a fork and then drizzle 1/2 Tbsp toasted sesame oil over top.
 - Fold the oil into the rice, making sure not to stir too vigorously, then repeat with the second 1/2 Tbsp of sesame oil.
- Slice the block of tofu into 16 triangles. Place the tofu pieces in a shallow bowl or dish.
- In a small bowl, stir together the ingredients for the tofu marinade: oil, soy sauce, minced garlic, and brown sugar. Pour the marinade over the tofu pieces make sure they are coated evenly. Allow the tofu to marinate for about 20 minutes.
- While the tofu is marinating and the rice is cooking prepare the spicy peanut sauce. In a bowl stir together the peanut butter, sriracha, soy sauce, grated ginger, brown sugar, and enough hot water to create a smooth sauce (3-4 Tbsp). Set the sauce aside.

- Once the tofu has marinated, heat a large non-stick skillet over medium flame. Add just a splash of oil to the skillet (about 1 tsp) and swirl to coat the skillet. Add the tofu pieces and any remaining marinade, and cook on each side until deeply browned.
- Once the tofu pieces are browned, remove them from the skillet and add the snap peas. Quickly sauté the snap peas in the skillet until they turn bright green and are still crisp. You just want to remove the raw edge. Remove them from the skillet to prevent over cooking.
- To build the bowls, add about 1.5 cups sesame rice to each bowl and then top with 1/4 of the tofu pieces and snap peas. Drizzle spicy peanut sauce over each bowl.

Buffalo Tempeh Sandwiches (4-5 servings)

Ingredients:

- 8 oz. of tempeh
- 2 Tbsp. cooking oil
- 1 avocado
- 2 large hoagie rolls
- ½ cup of buffalo sauce
- Ranch Slaw
 - 8 oz. coleslaw mix
 - ¼ cup ranch dressing

Directions:

- Add the coleslaw mix to a bowl and pour the ranch over it.
- Mix until coated evenly.
- Heat 1 Tbsp. of olive oil in a skillet and cook the tempeh over medium heat.
- Fry until golden brown on bottom then flip and cook the second side.
- Place the fried tempeh slice in a bowl pour buffalo sauce over.