

Tofu Walnut Balls with Southwest BBQ Sauce by Kathy Taylor & Jill Keb

Allergens: Wheat/Gluten, Nuts,

Ingredients for Tofu Walnut Balls

- 4-6 slices whole grain bread (or enough to make 2 cups soft bread crumbs)
- 1 cup raw walnuts
- 1/2 cup oats
- 1/4 cup vital wheat gluten flour (not regular flour)
- 2 TBSP dried minced onions
- 1 16 oz pkg. firm or extra firm produce-style, water packed tofu
- 1/2 cup water
- 2 TBSP Bragg liquid aminos or tamari or soy sauce
- 1 1/2 TBSP Chicken-style or beef-style seasoning
- 1 TBSP nutritional yeast flakes (aka Nooch)
- 1 tsp ground sage (a little more if using dried sage instead of ground powder)
- 1/2 tsp each: basil, onion powder, garlic powder (salt to taste)

Directions/Preparation Steps for Tofu Walnut Balls

1. Process bread slices in a food processor until fine crumbs form.
2. Measure 2 cups into a large mixing bowl.
3. Process walnuts and oats to finely chopped and add to the bowl.
4. Stir in vital gluten flour and minced onions.
5. Process tofu, water, and remaining seasonings.
6. Combine with bread crumb mixture. Stir well and salt if needed.
7. Scoop or roll into small balls. Bake in a 350 oven appr. 25-30 minutes. Combine with 1/2 BBQ & 1/2 apricot jam or make Luann's Southwest BBQ Sauce or serve with marinara pasta, gravy or plain.

Ingredients for LuAnn's Southwest Barbecue Sauce

- 1 cup finely chopped onion
- 1 cup catsup / ketchup
- 1/4 cup pure maple syrup or brown sugar or blended dates
- 1 cup water
- 2 tsp chili powder
- 1/4 tsp smoked paprika (or sub 1/8 tsp liquid smoke)

Directions for Stuffing

1. Saute onion in a bit of water in a saucepan over medium heat until soft & translucent.
2. Stir in everything else & simmer for about 20 more minutes.