

## Tofu Loaf with Tomato Basil Sauce

### Ingredients

For tofu loaf:

- 1 lb tofu, mashed
- 1/2 cup wheat germ
- 1/3 cup parsley, chopped
- 1/4 cup onion, chopped
- 2 tbsp soy sauce
- 1 tbsp dijon mustard
- 1 clove of garlic, finely chopped
- 1/4 tsp black pepper

For tomato basil sauce:

- 1 medium sized onion
- 2 cloves garlic, finely chopped
- 1 1/2 tsp of olive oil
- 1 1/2 tsp of sunflower oil
- 1/2 tsp black pepper
- 1 tsp chili powder
- 4 cups of diced tomatoes (including liquid)
- Handful of chopped basil (1-2 tbsp or to taste)



### Directions

Mix all tofu loaf ingredients together in a large bowl.

Oil a loaf pan with approx 2 tbsp of canola oil and press the tofu mixture into the pan. Bake for 1 hour. Let cool for approx 10 minutes. Remove from pan and place on a large platter.

If you haven't made the tomato basil sauce ahead you'll have plenty of time to prepare it while the loaf is cooking. Cook onions, garlic, oil, chili powder, pepper in a large pot on medium heat until onions are translucent.

Add tomatoes and basil and simmer on low heat for about 30 minutes stirring frequently.

After letting the tofu loaf cool for 10 minutes, remove from the pan and place on a large platter. Ladle tomato basil sauce over the loaf and garnish with mashed potatoes and parsley!

*The Tofu Loaf recipe was adapted from Louise Hagler's recipe in [Tofu Cookery](#). The Tomato Basil Sauce recipe was adapted from the Tomato Coulee recipe in the Eden Alley Cafe Cookbook [Stir-Well to Heaven](#).*

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