

TOFURKY ROAST

A DELICIOUS VEGAN ALTERNATIVE THIS HOLIDAY SEASON

Do you have a Vegan or Vegetarian family member joining you for Thanksgiving dinner this year? This delicious Tofurky Roast will be sure to have them stuffed and snoozing on the couch with the rest of the family. Cooked from frozen or thawed with a Vegan gravy you might just set aside the Turkey yourself and enjoy this option instead.

INGREDIENTS

Baste:

- 3 tablespoons Chosen Foods Avocado Oil or Maison Orphee Extra Virgin Olive Oil
- 2 tablespoons Bragg's All Purpose Liquid Soy Seasoning
- 1 tablespoon Hardwood Island Maple Grove Maple Syrup or Nature's Hollow Sugar Free Pancake Syrup
- 1 clove Desbarats Farm's Garlic, minced
- 1/2 teaspoons each of Simply Organic thyme, oregano, sage, and rosemary

Gravy

- Tofurky "drippings"
- 3 tablespoons Bob's Red Mill Arrowroot Starch
- 2 cups Harvest Sun Organic Vegetable Bouillon Powder

Tofurky

- 1 Tofurky Roast Thawed for 24 hours (See below for notes on cooking from frozen).

DIRECTIONS

1. Preheat your oven to 350°F (180°C). Use a knife to cut off one end of the clips and run the Tofurky Roast under warm water as you loosen and remove the plastic.
2. Prepare the baste in a small bowl. Mix together the Extra Virgin Olive Oil, Soy Seasoning, Maple Syrup, minced Garlic, and Simply Organic Herbs. Add the Tofurky Roast and cover with half of the baste.
3. Cover a baking dish tightly with aluminum foil and cook for 1 hour and 20 minutes. Check for doneness at 1 hour the Tofurky should be golden-brown and have reached an internal temperature of 165°F (75°C), pour the remaining baste over the Tofurky and cook, uncovered, for an additional 10-15 minutes. Reserve excess baste or Tofurky "drippings" for making vegan gravy.
4. Use a very sharp or serrated knife to thinly slice the Tofurky Roast for serving.

TOFURKY GRAVY

1. Heat the Tofurky "drippings" in a small saucepan over medium heat.
2. Once hot, whisk in 3 tablespoons of Arrowroot Starch. Stir consistently for 1-2 minutes over medium heat.
3. Gradually whisk in the Vegetable Broth and simmer until desired consistency is reached. The gravy will start to thicken slightly as it cools.
4. Add more Vegetable Broth if gravy is too thick.

Cooking from frozen

Extend cook time by 1 extra hour.