

From the kitchen of David and Jennifer Deaven

\$id: tofu_green_pie,v 1.6 2019/08/24 16:15:14 deaven Exp \$

Servings: 8

30minutes.

4. Mix (A), (B), (C), (D), (E) in mixing bowl.
5. Fill (F) with mixture, top with (G), bake 350F

Vegetarian/Tofu Green Pie

Vegetarian/Tofu Green Pie

- A: 3c garlic
2C greens, coarsely chopped (spinach, etc.)
2T olive oil
- B: 1/2 onion, chopped
- C: 12oz tofu
3T soy sauce
1t chicken stock mix
1 egg
- D: 1C pearled barley
- E: 2T flax seed
salt and pepper to taste
- F: 1 pie crust, Paprika/pepper, brushed w/oil, pepper
- G: 1/3C grated Parmesan cheese
1 tomato, sliced thin
1. Saute (A) in skillet. Add (B) after greens have wilted and saute for a few more minutes.
 2. Process (C) until smooth.
 3. Boil (D) in water until just tender (~10 minutes).



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