



Chickpea Tofu

Ingredients:

1 C chickpea flour
½ to ¾ tsp salt
¼ tsp garlic powder
¼ tsp turmeric
¼ tsp cumin
1 ¾ C water

Directions:

Grease a bread/ loaf pan or line with parchment paper. You can also use a brownie square pan or anything small.

In a bowl whisk all the ingredients together until there are no lumps, or use a blender.

Pour the chickpea mixture into a deep saucepan. Cook over medium heat stirring continuously. The mixture will start to get lumpy as the pan heats up and then thicken evenly (4 to 5 mins).

Once the mixture is evenly thick and stiff, keep cooking for another 2 to 3 minutes so the chickpea flour gets cooked through. If the mixture is starting to brown, reduce the heat to medium low. You can taste test the mixture at this point carefully, to ensure that there is no raw chickpea flour flavor and adjust salt if needed.

Pour the mixture into the prepared loaf pan and even it out using a spatula if needed. Let it cool, then refrigerate for at least an hour to set.

Remove the set slab from the pan. Slice into cubes. Store in an airtight container for up to 4 days. The tofu can leak some moisture while it sits so drain before use.

*This can be added to salads, wraps, soups, etc.

