

Tofu Patties by Teri Evangelista

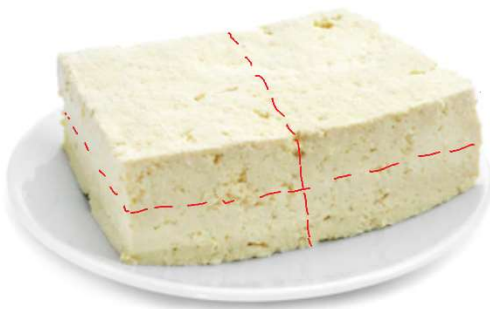
Ingredients

1 lb ground pork or ground turkey
1 16 oz container of tofu, firm or extra firm
1 egg
Salt and pepper, to taste
Ginger powder (optional), to taste
Olive oil

Instructions

Place your ground meat into a medium-sized bowl.

Cut tofu into four rectangular patties (see image below)



Using a spoon, dig out a compartment in each of the tofu rectangles making sure not to dig all the way through the bottom. Set the rectangles on the side and throw the dug out tofu into the bowl of meat.

Add egg, salt, pepper, and ginger powder to meat and tofu. Smash tofu into smaller bits so it can mix better with the meat, mix all ingredients until combined well.

Spoon in the meat mixture into the tofu rectangles until it is level with the tofu top.

Form the remainder of the mixture into patties about 2 inches in diameter.

Add a splash of olive oil to a pan and heat on medium. Place tofu rectangles (meat side down) into a frying pan and cook until brown. Flip and cook rectangles on tofu side until golden brown and the center is cooked through.

Fry the remaining patties in the same manner.

Enjoy!