

# Tofu

Two 14oz Packages Of Tofu Make 1 Medium Tray\*

[Live Life Simple's: Freeze Dried Tofu](#)

## Ingredients:

Tofu
Choice of spices



## Directions:

1. Drain your tofu. I recommended wrapping it in a kitchen towel and placing a heavy object on top of it. Let it sit for 10 minutes or more
2. Chop tofu into small 1"x1" cubes. OR crumble the tofu if you want to use it for a "crumbled meat" substitute
3. Add any seasoning or spices you desire (I like taco seasoning for future tacos)
4. Add parchment paper to your freeze dryer tray
5. Add tofu to FD tray
6. Pre Freeze
7. Freeze Dry
8. Store Appropriately (See Tips and Tricks for storage help)

**Cycle Time:** 36 hours in medium freeze dryer

**Rehydration:** Tofu cubes can take some time to rehydrate. The crumbled tofu does pretty well if you just add some water and let it sit for 10 minutes or so. You can also add it to a frying pan with a little water and slowly heat. The cubes are good to eat freeze dried as snack OR you can add them to some broth or water and let them sit for a few hours or overnight



Live.

Life.

Simple.

[www.freezedryingcookbook.com](http://www.freezedryingcookbook.com)

Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray