

VEGAN BUFFALO DIP

SERVES A CROWD

DIP INGREDIENTS:

1 8-oz package SoyBoy Soy Tempeh 12 oz. SoyBoy Firm Tofu ¼ cup vegan ranch (recipe follows) ¾ cup water ¼ cup tapioca flour 2 tsp. lemon juice 3/4 tsp. garlic powder 1 tsp. salt

1/2-3/4 cup Frank's Red Hot (depending on your heat preference)

VEGAN RANCH INGREDIENTS:

4 oz. SoyBoy Firm Tofu 1 tsp. onion powder

1 tsp. garlic powder

½ tsp. black pepper

¼ tsp. salt

1/4 tsp. fresh dill, finely chopped

1 Tbs. fresh parsley, finely chopped

1 Tbs. lemon juice

3 or 4 Tbs. water (as needed)

PROCEDURE:

Make the vegan ranch dressing by combining 4 ounces of tofu, herbs, spices, and lemon juice, and 2 Tbs water in a food processor. Blend until completely smooth. If the mixture is too thick, add more water a tablespoon at a time until the mixture is creamy and similar to that of ranch dressing. Measure out ¼ cup of vegan ranch and set aside.

Prep the tempeh. Cut each block down the center so that you have strips about ½" deep. Then make 4 or 5 slices across. Marinate in a light coating of Frank's Red Hot and set aside.

Thoroughly drain 12 ounces of tofu (¾ of the package). Wrap in 2 sheets of paper towel, put on a plate, and set a heavy plate on top of the block to press out all of the excess water. This will take about 10-15 minutes.

Once drained, crumble or cut the tofu into smaller chunks and add to food processor with ¾ cup water, tapioca flour, lemon juice, garlic powder, and salt, and blend until smooth.

Preheat oven to 350 degrees F. Pour tofu mixture into a saucepan and cook over medium-low heat, stirring constantly. Once the mixture becomes gooey (~5 minutes), crumble in the marinated tempeh, and stir in the ranch until combined and remove from heat.

Pour dip into a baking dish, place in the oven, and bake until the top of the dip is golden and the edges are bubbly (15-20 minutes).

Remove the dip from the oven, stir, and transfer to a small slow cooker, hot plate, or serving dish. Stir occasionally to maintain the appearance. Serve with pita chips, corn chips, and/or carrots and celery.

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