



# Homemade Tofurkey with Brown Rice Stuffing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



960 min.

SERVINGS



10

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10 servings pepper black freshly ground
- 1 cup veggie broth
- 0.8 cup brown rice long-grain
- 2 medium celery stalks
- 12 ounces crimini mushrooms trimmed halved sliced
- 1 teaspoon dijon mustard
- 70 ounce tofu drained
- 0.8 teaspoon sage fresh finely chopped

- 1.5 teaspoons thyme sprigs fresh finely chopped
- 10 servings kosher salt
- 10 servings olive oil for coating the pan
- 1 tablespoon parsley fresh italian finely chopped
- 1 teaspoon red wine vinegar
- 3 medium shallots
- 2 tablespoons soya sauce
- 0.5 cup water
- 1 teaspoon miso white

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- spatula
- springform pan
- colander
- pastry brush
- cheesecloth

## Directions

- Place a colander inside a large bowl and line it with two layers of ultrafine cheesecloth; set aside. Using your hands, break the tofu into roughly 2-inch pieces.
- Place about half of the tofu in a food processor fitted with a blade attachment.

- Add the miso, salt, thyme, pepper, soy sauce, and sage and process, scraping down the sides of the bowl as needed, until the mixture is very smooth, about 2 minutes total.
- Transfer to a large bowl. Process the remaining tofu until smooth.
- Transfer to the bowl with the tofu-miso mixture and stir until evenly combined.
- Place oil in a medium saucepan with a tightfitting lid and set over medium heat. When it shimmers, add shallots, celery, thyme, and sage, season with salt and pepper, and cook, stirring occasionally, until shallots just begin to soften, about 3 minutes.
- Add mushrooms and cook, stirring occasionally, until softened, about 3 minutes more.
- Add brown rice and stir to evenly combine.
- Add broth and water and bring to a boil. Reduce heat to low, cover, and simmer until rice is tender, about 50 minutes. (If the rice has not absorbed all of the liquid, continue to cook, uncovered, until the liquid is absorbed, then replace the lid.)
- Heat the oven to 375°F and arrange a rack in the middle. Coat a 9-inch springform pan with oil and place on a baking sheet.
- Remove the colander from the refrigerator.
- Remove the weights and plate and peel away the cheesecloth from the top of the tofu. Using a 1-cup measure, transfer 4 cups of the tofu mixture from the colander to the springform pan and, using a rubber spatula, spread into an even layer. Arrange the stuffing in an even layer over the tofu, leaving a 1/2-inch border.
- Spread the remaining tofu in an even layer over the stuffing, completely covering it, and smooth it to the edge of the pan. Using a pastry brush, coat the top with a thin layer of the glaze.
- Bake in the oven until the top is dark golden brown, about 75 minutes, brushing the top with glaze every 15 minutes.
- Remove from the oven and let cool on the baking sheet, about 10 minutes. Run a knife around the inside of the pan before removing the outer ring.
- Cut into wedges and serve, if you choose, with mushroom gravy.

## Nutrition Facts

 PROTEIN **22.16%**  FAT **57.06%**  CARBS **20.78%**

## Properties

Glycemic Index:39.78, Glycemic Load:7.11, Inflammation Score:-5, Nutrition Score:10.589565102821%

## Flavonoids

Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

## Nutrients (% of daily need)

Calories: 360.88kcal (18.04%), Fat: 23.23g (35.74%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 16.33g (5.94%), Sugar: 2.09g (2.32%), Cholesterol: 0mg (0%), Sodium: 530.04mg (23.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.3g (40.59%), Copper: 0.68mg (34.23%), Manganese: 0.66mg (33.19%), Calcium: 267.19mg (26.72%), Iron: 3.16mg (17.56%), Vitamin K: 15.63µg (14.89%), Vitamin E: 2.03mg (13.54%), Selenium: 9.18µg (13.12%), Vitamin B2: 0.18mg (10.83%), Fiber: 2.7g (10.81%), Vitamin B3: 2.09mg (10.43%), Phosphorus: 90.11mg (9.01%), Vitamin B5: 0.77mg (7.68%), Vitamin B6: 0.15mg (7.34%), Magnesium: 28.32mg (7.08%), Vitamin B1: 0.1mg (6.7%), Potassium: 233.76mg (6.68%), Zinc: 0.74mg (4.95%), Folate: 15.75µg (3.94%), Vitamin A: 103.32IU (2.07%), Vitamin C: 1.64mg (1.99%)