

Grilled Buffalo Tofu Po' Boy with Apple Slaw [Vegan]

Serves 4 - Ingredients

- 1/2 cup vegetable broth
- 1/4 cup hot sauce, plus more for serving
- 1 tablespoon vegan butter
- 1 14 -16-ounce package tofu, pressed overnight, and cut into 12-inch slices
- 4 cups shredded cabbage
- 2 medium apples, grated
- 1 medium shallot, grated
- 6 tablespoons vegan mayonnaise, plus more for spreading
- 1 tablespoon apple cider vinegar
- Salt and black pepper
- 4 6-inch hoagie rolls or gluten-free wraps
- 8 slices tomato

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Preparation

1. Combine the broth, hot sauce, and butter in a medium saucepan. Bring the sauce to a boil, add the tofu slices and reduce to a simmer. Simmer the tofu for 10 minutes. Remove the pan from the heat and set aside for 10 minutes to marinate.
2. Combine the cabbage, apple, shallot, mayonnaise, and vinegar in a large bowl. Season with salt and black pepper and mix well.
3. Heat a large grill pan over medium heat. Drain the tofu, reserving the marinade. Grill the tofu until heated through and grill marks appear, about 5 minutes per side. Baste the tofu with the reserved marinade, as needed.
4. Toast the hoagie rolls or warm the wraps. To assemble the sandwiches, spread a few teaspoons of mayo on the rolls or wraps. Add 2 slices of tomato and two slices of grilled tofu to each sandwich. Top with more hot sauce, if desired, and add slaw, to taste. Serve.

Homemade Mayonnaise [Vegan]

Ingredients

- 1/2 cup non-dairy milk
- 1/2 teaspoon sea salt (or less)
- 1 teaspoon ground mustard
- 1 1/2 teaspoons garlic powder
- 2 teaspoons apple cider vinegar
- 2 teaspoons agave nectar
- 1 cup canola oil