

Tofu Burgers

Jacob · 29/09/2024

**Prep Time**

40 mins

Difficult

Medium

Servings

1 hr 20 mins

Description

These familyfavorite tofu burgers made with onion celery and cheese are delicious This recipe uses tofu that has been frozen for 72 hours and then quickly defrosted I always keep frozen tofu on hand so its ready to use Serve them in place of meat as a main entrée or serve them on buns with your favorite toppings such as lettuce onion tomato and mayo

Ingredients

- - 1 (12 ounce) package firm tofu
- frozen for 72 hours - 2 teaspoons vegetable oil - 1 small onion
- chopped - 1 stalk celery
- chopped - ¼ cup shredded Cheddar cheese - 1 large egg
- beaten - salt and pepper to taste - ½ cup vegetable oil for frying
- or as needed

Instructions

1. Bring a large saucepan of water to a simmer. Leave frozen tofu in its package and place into the water. Remove from the heat and let tofu thaw for about 20 minutes in the hot water. Remove tofu from the package and transfer to a plate. Place another plate on top of tofu. Set a 3- to 5-pound weight on top. Press tofu for 20 to 30 minutes; drain and discard the accumulated liquid. While tofu is draining
2. heat 2 teaspoons oil in a small skillet over medium heat. Add onion and celery; sauté until soft and lightly browned
3. about 5 minutes. Remove from the heat. Finely chop tofu and place into a mixing bowl. Add onion and celery mixture
4. Cheddar
5. egg
6. salt
7. and pepper; mix until thoroughly combined. Pour 1/4 inch oil into a large skillet and heat over medium-high heat. Drop tofu mixture into the skillet in six equal portions. Flatten with a spatula to form patties. Fry until golden brown
8. 5 to 7 minutes per side. Recipe Tip Instead of frying these burgers
9. you can bake them in a preheated 350 degrees F (175 degrees C) oven for 30 minutes. Editor's Note We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. Amount will vary depending on cooking time and temperature
10. ingredient density
11. and specific type of oil used.