

# BBQ Tofu Ribs

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1 lb. firm tofu  
1 T. Molasses  
1 T. maple syrup  
1 T. Bragg Liquid Aminos  
1 t. salt  
2 large cloves garlic  
1 recipe Livi's BBQ Sauce

Drain a 1 lb. block of firm water packed tofu, place in a pot and cover with water. Add 1 t. salt, 1 T. molasses, 1 T. maple syrup and 1 T. Bragg Liquid Aminos plus 2 large cloves of garlic. Boil for 20 minutes and then drain for a few minutes until no more water comes out. Slice tofu twice horizontally (sideways). Then make six slices vertically. Place tofu ribs in a casserole dish sprayer with food release. Cover with BBQ Sauce. If possible, cover and marinate overnight. Then bake, covered at 350° for 30 minutes until hot. Serve with rice or potatoes and corn on the cob.

## Livi's BBQ Sauce

1 28 oz. can tomato sauce or puree  
  
½ onion, diced  
1/3 c. olive oil  
1 t. garlic powder  
1 t. sweet basil  
2 T. fresh lemon juice  
3/4 c. Grandma's molasses (not blackstrap)  
1/4 c. honey  
2 T. Wright's liquid smoke  
½ c. water  
2 t. paprika

Saute onion in olive oil. Add remaining ingredients and stir with a whisk. Simmer for 30 minutes.