



Bacon Flavoured Marinade

 1/2 cup of  Prep: 5 mins
marinade

Per serving:
Calories 243
Carbs 50.3 g
Fat 0.7 g
Protein 12.4 g
Dietary Fiber 2.0 g
Sugar 36.7 g



After becoming plant-based, I learned that bacon is just a flavour that can be used on different foods. This marinade is an excellent way to get that “bacon flavour” without eating meat.

Ingredients

1/2	Cup	Low-sodium soy sauce
3	Tbsp.	Maple syrup
1	Tsp.	Smoked paprika
1	Tsp.	Garlic powder
3/4	Tsp.	Hickory-flavoured liquid smoke

Directions

Combine all ingredients in a bowl.

Notes

- This marinade works well on several different foods. You can marinate these using a plastic leakproof bag or a bowl deep enough to ensure everything is covered.
- Eggplant: First, remove the stem and skin from the eggplant. Thinly slice the eggplant lengthwise using a mandolin. Marinate the eggplant for at least an hour before cooking. Using cooking oil, fry the eggplant on low heat until browned and crispy. It is best to use it immediately, not reheated; otherwise, it will get soggy.
- Tofu and tempeh: Cut the tofu or tempeh into thin slices and marinate for at least an hour. Pan fry in oil until crispy. The tofu and tempeh maintain their crispiness and can be reheated and eaten later. These can also be made in an air fryer without oil.
- Rice paper: Wet the rice paper with warm water and cut it into 2.5 cm (1-inch) strips. Place the strips in a single layer in a shallow baking dish and pour marinade over them until everything is covered. Let sit for a few minutes. Using cooking oil, fry on low heat in a pan until crispy. It is best to use it immediately, not reheated; otherwise, it will get soggy.
- The marinade can be frozen for later use

