



*Hill's Mills & Mixers*

**BOSCH** Kitchen Centre

*~products for better health*

## **ITALIAN "MEAT" BALLS FOR SPAGHETTI**

To 1 cup Quick Tofu Burger Mix, add 2 Tbsp bottled Italian Dressing, ½ cup cooked brown rice, 1 cup tofu.

Shape into 1 inch balls and pan fry. Serve on spaghetti, topped with sauce.

## **ORIENTAL "MEAT" BALLS TO SERVE WITH SWEET AND SOUR SAUCE**

Add 1 tsp ginger and either 1 Tbsp soy sauce or 2 tsp miso to 1 cup dry mix. Combine with 1 cup tofu and ½ cup cooked brown rice.

Shape into 1 inch balls and pan-fry. Add to sauce just before serving.

**Ruby Hill | Hill's Mills & Mixers | 403-327-3529 or TF 1-866-327-3559**