

SOY-FREE BACON

INGREDIENTS

- 1/2 C Adzuki beans **OR** small red beans
- 1/3 C Buckwheat groats (whole grain)
- 1 t Onion powder
- 1/3 t Garlic powder
- 1/3 t Sage (rub)
- 1/2 t Thyme
- 1 1/2 t Smoked paprika
- 1 t Liquid smoke
- 3 T Maple syrup
- 1 1/2 t Tamari sauce (low sodium)
- 1 T Tomato paste
- 1 1/2 T Nutritional yeast
- 1 t Coconut oil **OR** any oil of your choice
- 1/2 t Salt
- Non-stick cooking spray



DIRECTIONS

- 1 Rinse the beans & buckwheat & place in a large bowl covered with cold water & soak overnight
- 2 Drain & rinse the soaked beans & buckwheat
- 3 Pre-heat oven to 400 F & line a 9 X 13 dish with parchment paper & then spray the parchment paper with the non-stick cooking spray
- 4 Place the beans, buckwheat & all other ingredients in your blender & pulse several times to combine making sure to stop to scrape down the sides
- 5 You don't want the mix to reach the 'pureed' stage
- 6 Place the 'bacon' mix in the dish & spread it evenly with a spatula **OR** spray another sheet of parchment paper & place it 'spray' side down & use that to spread the mix & then throw it away
- 7 Bake for 10 minutes & then allow the 'bacon' to cool for 10 minutes
- 8 Slice into 1 inch wide & 4 inches tall strips
- 9 For the strips you're using right away, place a little oil **OR** non-stick cooking spray in a saute pan
- 10 On a medium-high heat crisp them & then flip them to crisp the other side

SAVING THE 'BACON'

- 1 Freeze any strips you don't plan to eat right away
- 2 Frozen strips do not need to be thawed can go straight into a saute pan
- 3 You can go straight to your saute pan that has a little oil or non-stick cooking spray to crisp them



