

TOFUS

Meaning: Tofus are blocks of coagulated soy milk, commonly used in cooking for their ability to absorb flavors and provide protein and texture in various dishes.

1. Tofus are a versatile ingredient that can absorb flavors from the dishes they are cooked in.
2. Many people enjoy adding tofus to stir-fries for a protein boost and a satisfying texture.
3. In vegan cooking, tofus are often used as a substitute for dairy or meat products.
4. The texture of the tofus can vary greatly depending on how they are prepared and cooked.
5. For a healthy meal, consider pairing grilled tofus with fresh vegetables and a tangy sauce.

Source: sentences.whatistheurl.com

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