

# Tofu Scramble

*A delicious, filling, versatile alternative to scrambled eggs! Add any spices and vegetables you like! Make a big batch for easy breakfasts and meals all week.*

PREP TIME: 10 minutes

COOK TIME: 15 minutes

Makes 2 servings

*Vegan, gluten free\* with substitutions*

## INGREDIENTS

- ❑ 2x 8 ounce pack of firm tofu
- ❑ 1/4 tsp salt
- ❑ 1/8 tsp ground black pepper
- ❑ 2 cup chopped vegetables of your choice (we suggest chopped onions, bell peppers, and frozen greens and corn)
- ❑ *Optional:* 1/4 tsp turmeric powder for color
- ❑ *Optional:* spices like cumin, chili powder

## INSTRUCTIONS

1. Chop the tofu and use a fork to crumble it into bite-sized pieces.
2. Heat a frying pan over medium heat. Once hot, add any vegetables. Cook, stirring occasionally for 5 minutes or until softened.
3. Add the tofu and all the remaining ingredients (salt, ground black pepper and optional turmeric and spices). Stir until well combined and cook over medium-high heat for 5- 10 minutes. Stir occasionally.
4. Serve immediately with toast
5. Keep leftovers in an airtight container in the fridge for up to 1 week. You can also prepare the tofu before cooking and freeze it for up to 5 months.



Photo credit: Karissa's vegan kitchen