

Morning Tofu Scramble

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

| Ingredients | Quantity | Measure |
|---|----------|-------------------|
| Tofu, extra-firm or firm, drained and pressed, crumbled | 6 | 14-ounce packages |
| Garlic, minced | 3 | cloves |
| Vegetable oil | ¼ | cup |
| Vegetable broth | ½ | cup |
| Nutritional yeast | ¼ | cup |
| Onion powder | 1 | tablespoon |
| Salt | 1 | tablespoon |
| Turmeric | 2 | teaspoons |
| Black pepper | 2 | teaspoons |
| Mixed vegetables (cooked bell peppers, onions, spinach, etc.) | 3 | cups |

Preparation

1. Heat oil in skillet over medium heat. In a large bowl, crumble tofu with your fingers breaking apart any big pieces. Add garlic to oil and let cook for 2 minutes or until soft but not browned. Stir in tofu with oil and garlic.
2. Using bowl that tofu was in, mix vegetable broth, nutritional yeast, onion powder, salt, turmeric, and pepper together. Pour over tofu and stir to cover evenly.
3. Continue cooking for another 10-15 minutes until tofu is cooked and seasoning is blended well and the liquid is evaporated, stirring often.
4. Add optional veggies, if using, and stir until cooked.
5. Remove from heat and serve with optional toppings or enjoy as is.

Serving Information

Optional toppings:

Top with vegan ranch, aioli, salsa, or sriracha - whatever you wish!

Add halved cherry tomatoes or tomato wedges to scramble and heat for 30 seconds.

Top with sliced avocado for a creamy and healthy addition.

Nutrition Information *From USDA Nutrient Database

Calories: 282 Total Fat: 16.6g Saturated Fat: 4.8g Monounsaturated Fat: 9.2g Polyunsaturated Fat: 1.2g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 10.5g
Fiber: 5.7g Total Sugar: 2.8g Protein: 22.7g Sodium: 65.8mg Vitamin A: 1µg Vitamin C: 3.7mg Calcium:
371mg Iron: 4.5mg Folate: 34µg