

Morning Tofu Scramble - Plantricious

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 1 cup

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

Preparation

*Please see separate page for tofu pressing instructions.

1. In a large bowl, crumble tofu with your clean, gloved hands breaking apart any big pieces. Heat a skillet over medium-high heat. Add 2 Tablespoons vegetable broth and the tofu and sauté until warmed through.
2. Using bowl that tofu was in, mix the remaining vegetable broth, garlic powder, 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, blending well until the liquid is evaporated, stirring often.
4. Add veggies 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: 240 Total Fat: 12g Saturated Fat: 1.2g Monounsaturated Fat: 8.6g Polyunsaturated Fat: 1.1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 10.3g Fiber: 5.7g Total Sugar: 2.8g Protein: 22.7g Sodium: 237mg Vitamin A: 1µg Vitamin C: 3.7mg Calcium: 369mg Iron: 4.5mg Folate: 46µg



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