Tofu Scramble (like scrambled eggs)

Dean Stansel

This is like a delicious replacement for an egg scramble. It can be served with hash browns and fruit on the side or used as filling for a breakfast burrito.

Servings: 4 servings

Ingredients:

- 1 blocks of extra-firm tofu (12-14 ounce), frozen, thawed, water squeezed out, and crumbled
- 1 tbsp Braggs Liquid Aminos
- 1 small diced white onion
- 1 diced red pepper
- 1 tsp turmeric
- salt and pepper to taste
- 1 tbsp nutritional yeast
- ¼ cup diced roasted mushrooms (400°F for 20 minutes)
- 2 cup baby spinach
- Optional: tempeh bacon (see recipe), chopped tomatoes, avocados, cashew sour cream (see recipe or buy) or plain yogurt (buy or see recipe or buy)

Directions:

1. Place crumble tofu in bowl, add Braggs and set aside.
2. Bring stainless steel fry pan to water ball temp, add onions and peppers and sauté until soft, lightly browned.
3. Add crumbled tofu and mix to combine and cook until the ingredients brown slightly.
4. Add turmeric, salt, nutritional yeast, and black pepper and toss to combine.
5. Add mushrooms and tempeh bacon, if using. Cook another 3-5 minutes.
6. Add the spinach and cook until wilted.
7. Serve topped with chopped tomatoes and avocados, if desired.