

Southwest Tofu Scramble

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template approved



prep time
10 minutes



total time
30 minutes



servings
2



Ingredients

- 8 oz/240 grams firm tofu ~3 protein, 1 serving of fat (estimated since tofu breakdown varies)
- 2 tbsp olive oil ~2 servings of fat
- ¼ red onion/15 grams, thinly sliced ~0.5 servings of veggies
- ½ red pepper/43 grams, thinly sliced ~0.5 servings of veggies
- 2 cups kale, swiss chard, collard greens OR 3 cups spinach/261 grams ~3 servings of veggies

Seasoning

- ½ tsp sea salt
- ½ tsp garlic powder
- ½ tsp cumin
- ¼ tsp chilli powder
- Water (to thin)
- ¼ tsp turmeric (optional)

🌱 simple vegetarian breakfast

Instructions

- 1 Pat tofu dry and roll in a clean paper towel with something heavy on top, like cast iron skillet
- 2 While tofu is draining, add spices to a bowl and pour enough water to make pourable sauce. Set aside.
- 3 Chop veggies and warm skillet over medium high heat. Once hot, add olive oil, onion and pepper. Season with salt & pepper (or your favorite all purpose spice). Cook until softened - about 5 mins.
- 4 Add kale, season a little more if desired, cover and steam for 2 minutes.
- 5 In the meantime, unwrap tofu and use a fork to crumble into bite size pieces.



- 6 Use spatula and move veggies to one side of the pan and add tofu. Saute for 2 minutes, then add sauce, pouring it mostly over tofu and a little over the veggies. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu browns.
- 7 Serve immediately with sides of choice, toast, fruit or potatoes. Optional: top with salsa or pepper sauce.

Whole Recipe Breakdown:

3 servings protein
0 servings carb
3 servings fat
4 servings veggies

