

The Best Tofu Scramble



Do you like tofu? After trying this recipe, we think you will! Tofu scramble is delicious served with toast or in a breakfast burrito with all the fixings (like salsa, hot sauce, potatoes, avocado, and black beans). Optional additions are spinach, mushrooms, dill, or any herbs or vegetables you like! You can find nutritional yeast in bulk at a food co-op or in the baking section at the grocery store.

SERVINGS: 4

PREP TIME: 15 MIN

TOTAL TIME: 30 MIN

INGREDIENTS

- 1 package extra firm tofu, drained and pressed
- 1 tablespoon oil
- 1 small onion, diced
- 2 cloves garlic, minced
- ¼ cup nutritional yeast
- 1 tablespoon soy sauce
- 1 teaspoon mustard
- 1 teaspoon salt
- ¼ teaspoon turmeric
- 1 carrot, grated

DIRECTIONS

1. Take the tofu out of the package and use a tofu press to squeeze out the liquid. You want to get as much water out of the tofu as possible. Without a tofu press, you can place it on a plate and put another plate on top of it. Gently push down on the top plate to push extra water out of the tofu OR put a large book on the top plate and set aside for 5 minutes.
2. Dice onion and mince garlic. (You will be sauteing this later. Do not mix into tofu.)
3. Back to the tofu. Pour off the water that drained from the tofu. In a medium bowl, rip up the tofu into pieces so that it resembles the size and texture of scrambled eggs.



4. Add the nutritional yeast, soy sauce, mustard, salt and turmeric to the tofu and mix well.



5. In a high sided pan or a medium pot, heat about a tablespoon of oil on medium-low.

6. Add the diced onion and saute for about 5 minutes.



7. After the onions have browned a little, add the garlic and cook for another minute.

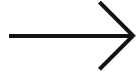
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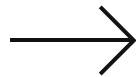
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DIRECTIONS CONTINUED

8. Add the tofu to the onions and garlic. Saute the tofu until browned, stirring frequently.



9. Meanwhile, grate the carrot.



10. Add the shredded carrot and mix. Turn off heat.

