

SCAMBLED TOFU EGGS

Vegan Cooking



Ingredients:

- 2- Blocks extra firm tofu (cubed or smashed)
- Olive oil (coat bottom of pan)
- 2-tbs Vegetarian Chicken seasoning
- 2- tsp turmeric
- ¼ -cup parsley
- 1 ½ -tsp Sweet Basil
- 2-tbs garlic minced
- 2-lg onions diced
- 1- Green Pepper diced
- 2-tbs yeast flakes *optional*
- ½ - cup tomato sauce *optional*

Instructions

- ❖ In large pan heat oil med heat,
- ❖ Rinse tofu before using, pat dry, and cut into 1/2 in cubes or smash with potato masher.
- ❖ Heat tofu in oil until begins to turn golden (about 10 min),
- ❖ Add seasonings, taking care to make sure all tofu pieces are covered. Mixture may start to stick after adding seasonings, if so add just a little water (a tablespoon or two) to help control this.
- ❖ Add onions and cook covered until tender
- ❖ Lift lid and add ¼ cup nutritional yeast flakes and ½ cup tomato sauce. (This is optional, it will give a creamy cheesy texture and flavor to the dish.)

NOTE: One Block Extra Firm Tofu for Every Two People.



Breakfast Burritos are a quick easy way to spice up any breakfast. Add scrambled tofu to a 12 inch flour shell, sprinkle with Veggie Cheese Shreds, add Salsa, roll and eat.

Good Served With: *Whole Wheat Toast, Country Fried Potatoes*