

Southwest Tofu Scramble

Savory, Southwest-inspired tofu scramble with lots of veggies and a simple 5-ingredient sauce. Just 10 ingredients, 30 minutes, and 1 pan required!

Makes: 2 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Source: minimalistbaker.com

Ingredients

Scramble

- 8 ounces extra-firm tofu
- 1-2 Tbsp olive oil
- 1/4 red onion (thinly sliced)
- 1/2 red pepper (thinly sliced)
- 2 cups kale (loosely chopped)

Sauce

- 1/2 tsp sea salt (optional)
- 1/2 tsp garlic powder
- 1/2 tsp ground cumin
- 1/4 tsp chili powder
- Water (to thin)
- 1/4 tsp turmeric (optional)

For Serving (optional)

- Salsa
- Cilantro
- Hot Sauce
- Breakfast potatoes, toast, and/or fruit

Utensils Needed

- small bowl
- measuring spoons
- large skillet w/lid
- sharp knife
- cutting board
- fork
- spatula



Small Changes,
BIG Difference!



Directions

1. Pat tofu dry and roll in a clean, absorbent towel with something heavy on top, such as a cast-iron skillet, for 15 minutes.
2. While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside.
3. Prep veggies and warm a large skillet over medium heat. Once hot, add olive oil and the onion and red pepper. Season with a pinch each salt and pepper and stir. Cook until softened – about 5 minutes.
4. Add kale, season with a bit more salt and pepper, and cover to steam for 2 minutes. In the meantime, unwrap tofu and use a fork to crumble into bite-sized pieces.
5. Use a spatula to move the veggies to one side of the pan and add tofu. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned.
6. Serve immediately with the breakfast potatoes, toast, or fruit.

SHOPPING LIST

Average total cost without oil and seasonings: \$4.85

Average cost/serving: \$2.43

Recipe Makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Extra firm tofu, 8oz.



Add 1 to cart
Red Bell Pepper



Add 1 to Cart
Red Onion



Add 1 to Cart
Kale, 1 bunch

SAVE TIME, SAVE MONEY

Produce Tips: Kale

- When selecting fresh, choose dark colored kale bunches. Avoid brown or yellow leaves.
- Store kale in a plastic bag in the coldest part of the fridge for 3-5 days.

Cooking Tips: Tofu

- Substitute $\frac{1}{4}$ cup silken tofu per egg, 1 mashed banana per egg, $\frac{1}{4}$ cup unsweetened apple sauce per egg

Nutrition Information

Serving Size: 1/2 recipe

Nutrients	Amount
Calories:	250
Total Fat:	17g
Saturated Fat:	2.1g
Cholesterol:	0mg
Sodium:	45mg
Total Carbohydrates:	14g
Dietary Fiber:	2g
Total Sugars:	3g
Added Sugars:	0g
Protein	14g

My Cooking Notes