

BEST Tofu Scramble

- 1 tablespoon water, instead of oil
- 1 medium green pepper, diced
- 1 small Onion , diced
- 608** grams Tofu, get ready to crumble (two bricks)
- 1 tablespoon cumin
- 1 tsp salt
- 2 tablespoons turmeric
- 2 tsp pepper
- ¼ cup nutritional yeast
- 2 tablespoons Braggs Liquid Aminos

Method

- 1. Onions and Peppers Oh My :** Wok is best for this dish. Put water in wok, on medium high heat, and cook onions and green pepper for a few minutes until translucent.

- 2. Add Tofu:** No need to drain as you'll be cooking the water out. Add tofu by crumbling in your hands into the wok containing the sauteed onion and pepper. Cook on medium stirring often for about 5 minutes.

- 3. Spice it Up:** Add nutritional yeast, spices, and braggs... continue cooking for another 5 minutes or so (you'll know when it's done).

- 4. Taste!:** Taste test... and if you think it's ready, it's ready!

- 5. Serve and eat!:** We need a step for this? LOL

Servings/Yield

6 servings
6 servings

Rating



Cuisine

North American : United States

Difficulty



Categories

30 Minute, Basic, Vegan

NUTRITION FACTS	
Servings:	6
Amount Per Serving	
Calories:	118
Total Fat:	5.25g
Cholesterol:	--
Sodium:	393mg
Total Carbs:	9.94g
Dietary Fiber:	3.22g
Sugars:	2.10g
Protein:	11.65g