



BE HEALTHY & SPREAD THE LOVE

TOFU SCRAMBLE

SERVES 2-4

INGREDIENTS:

1 15-oz. package SoyBoy Extra Firm Tofu
4 strips SoyBoy Veggie Bacon, cooked and diced into ¼-inch pieces
½ tsp Salt
½ tsp Fresh Ground Pepper
½ tsp Onion Powder
½ tsp Garlic Powder
2 tsp Ground Turmeric
2 Tbs Nutritional Yeast
2 Tbs Oil (olive, vegetable or avocado)
1 Bell Pepper, ¼-inch diced
1 White or Sweet Onion, ¼-inch diced

PROCEDURE:

Drain tofu from container and press if desired.

Cut the block of tofu into cubes, place in a bowl, and break into small curds using a potato masher.

Combine all spices and nutritional yeast in a bowl.

De-seed bell pepper, then dice onion and pepper into small pieces.

In one, pan heat ½ olive oil over medium-high heat and sauté veggie bacon on both sides to desired crispness.

Chop cooked veggie bacon into ¼-inch pieces and set aside.

In another pan, heat remaining olive oil on medium heat. Add onions and peppers and sauté until softened.

Add tofu and cook until excess water has evaporated.

Stir in spices, mixing until well blended.

Top with chopped veggie bacon and serve with fruit or toast.

HINTS:

Let your texture preference determine your choice of tofu. We used extra firm, but if you like your eggs cooked softer, use firm tofu instead.

For even more egg-like flavor, substitute the salt in this recipe with black lava salt.

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