

# Southwest Tofu Scramble

Web Recipe · Breakfast · GF

320 cal · 22g protein · 18g carbs · 18g fat · 4 servings

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## Ingredients

- 2 blocks (14 oz each) extra-firm tofu drained and pressed
- 1 tbsp olive oil
- 1 medium red bell pepper diced
- 1 medium yellow onion diced
- 2 cups fresh spinach
- 1 cup black beans canned drained and rinsed
- 2 tbsp nutritional yeast
- 1 tsp turmeric
- 1 tsp cumin
- 1/2 tsp garlic powder
- 1/2 tsp smoked paprika
- 1/4 tsp black salt kala namak
- salt and pepper to taste

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## Instructions

1. Press both blocks of tofu for 15-20 minutes to remove excess moisture.
2. Heat olive oil in a large skillet over medium heat. Sauté diced onion and bell pepper for 3-4 minutes until softened.
3. Crumble the pressed tofu into the skillet. Add turmeric, cumin, garlic powder, smoked paprika, and kala namak. Stir well to distribute spices.
4. Cook for 5-7 minutes, stirring occasionally, until tofu is heated through and lightly golden.
5. Add spinach and black beans. Cook 2-3 minutes until spinach is wilted and beans are warm.
6. Stir in nutritional yeast, season with salt and pepper to taste.
7. Serve hot, optionally with hot sauce on top.

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