

Smoky Chipotle Tofu Scramble



COURSE
Breakfast



SERVINGS
7 serving



CALORIES
345 kcal

INGREDIENTS

- 3-15 oz blocks extra-firm tofu pressed and crumbled, for soy-free, use soy-free tofu (such as fava bean tofu)
- 3 medium sweet potatoes diced into 1/4-inch cubes
- 6 c kale chopped (stems removed)
- 1 medium red onion finely chopped
- 3 cloves garlic minced
- 2 Tbsp olive oil
- 1/4 c water
- 3/4 tsp turmeric
- 1 1/2 tsp smoked paprika
- 3/4 tsp ground cumin
- 1 1/2 tsp chipotle chili powder adjust for spice preference
- 3/4 c nutritional yeast
- salt and black pepper to taste

INSTRUCTIONS

1. Heat a large skillet over medium heat with 1 tbsp olive oil. Add the diced sweet potatoes, 1/4 c water, season with a pinch of salt, cover the pan, and cook for 7–10 minutes until tender and slightly crispy. Remove sweet potatoes from the skillet and set aside.

2. In the same skillet, sauté the onion and garlic in the leftover oil until fragrant, about 2–3 minutes.
3. Crumble the tofu directly into the skillet. Add turmeric, smoked paprika, cumin, and chipotle chili powder. Stir well to coat the tofu evenly with spices.
4. Add nutritional yeast, salt, and black pepper. Stir well to incorporate all ingredients evenly.
5. Cook until the tofu starts to brown on the bottoms and you have to scrape it to stir it, about 12 minutes.
6. Add the kale and roasted sweet potato to the skillet. Cook for an additional 2–3 minutes until the kale is wilted and everything is combined.
7. Adjust seasoning if needed. If you like extra heat, sprinkle on more chipotle powder, salsa, or a dash of hot sauce.
8. Divide into 7 portions.

NUTRITION

Nutrition Facts

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Amount Per Serving (1 serving)

Calories	345	Calories from Fat	126
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		% Daily Value*	
Fat	14g	22%	
Carbohydrates	20g	7%	
Protein	26g	52%	

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!