

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	
Smoky Chipotle Tofu Scramble	
Amount Per Serving (1 serving)	
Calories 345	Calories from Fat 126
% 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!