

Southwest Tofu Scramble

Web Recipe · Breakfast · GF

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

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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