

Cowboy Breakfast Bowl



TOTAL TIME

35 mins



COURSE

Breakfast, Lunch, Snacks



SERVINGS

7 serving

CALORIES

409 kcal

INGREDIENTS

- 14 slices Smart Life bacon or tempeh bacon for gluten free
- 4 medium russet potatoes cubed
- ½ c sliced green onions plus more for garnish
- 3 cloves garlic minced
- 2 Tbsp. paprika
- kosher salt
- freshly ground black pepper
- ½ c nutritional yeast
- 2 Tbsp lemon juice
- 1 ½ tsp salt divided
- 3 - 15 oz packages extra firm tofu or use alternative tofu for soy-free, like fava or chickpea tofu
- cooking spray
- 2 avocados sliced
- hot sauce for serving

INSTRUCTIONS

1. In a large cast-iron skillet over medium heat, cook Smart Bacon (or tempeh bacon) until crispy, about 5 minutes. Set aside.
2. Spritz pan with cooking spray and add potatoes to cook undisturbed for 10 minutes, then flip and move around to get all sides golden. Add ½ tsp salt, green onions and cook until potatoes are tender, 10 minutes more. Once tender, add garlic, paprika, and season generously with salt and pepper. Set aside.
3. In a separate large skillet, spritz with cooking spray and using your hands, crumble the tofu into the pan. Add nutritional yeast, lemon juice and 1 tsp salt. Stir to coat.
4. Cook tofu undisturbed for 5-7 minutes, until the bottom starts to crisp, then scramble it up to get new bits close to the pan. Cook for another 5-7 minutes undisturbed and set aside.
5. Build bowls: In 7 separate bowls, add an equal amount of potatoes, scrambled tofu, 2 slices of vegan bacon, sliced avocado, more scallions, and a drizzle of hot sauce.

NUTRITION

Nutrition Facts

Cowboy Breakfast Bowl

Amount Per Serving (1 g)

Calories	409	Calories from Fat	279
% Daily Value*			
Fat	31g	48%	
Carbohydrates	39g	13%	
Protein	17g	34%	

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



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!