

Vegan Tofu Scramble With Spinach

Prep: 5 mins

Cook: 10 mins

Total: 15 mins

Servings: 2 to 4 servings

A tofu scramble with spinach is the perfect breakfast protein boost for vegans who want an egg-like dish to start their day. The tofu is crumbled and then sauteed to resemble scrambled eggs—when combined with tomatoes, garlic, mushrooms, and spinach, you may not even realize you're not eating eggs.

This dish makes enough servings for four people, so feel free to scale the recipe down if you need less, or up if you need more.

A very versatile dish, you can eat this scramble on a plate as is, and serve it with a side of fresh fruit or a vegan muffin. Or, you can also wrap it up in a soft taco wrap for a grab-n-go breakfast for those days when you and your family are out of time and rushing out the door.

Ingredients

- 2 tablespoons olive oil
- 2 medium tomatoes, chopped
- 2 garlic cloves, minced
- 3/4 cup sliced mushrooms
- 1 (10-ounce) bunch spinach, rinsed
- 1 pound extra-firm tofu, well-pressed and crumbled
- 1/2 teaspoon soy sauce
- 1/4 teaspoon ground turmeric
- 1 teaspoon lemon juice
- Salt, to taste
- Freshly ground black pepper, to taste

Steps to Make It

1. Gather the ingredients.
2. Heat the olive oil in a skillet and saute the tomatoes, garlic, and mushrooms over medium heat for 2 to 3 minutes.
3. Reduce the heat to medium-low and add the spinach, crumbled tofu, soy sauce, turmeric, and lemon juice. Cover and cook for 5 to 7 minutes, stirring occasionally.
4. Sprinkle with salt and pepper to taste.

Tips

- Since this scramble warms up well, make the whole recipe and save a portion for the next day.
- You can also cut the recipe in half to make less if you desire.
- You can serve the scramble along with toast, biscuits, or other breakfast items, or make it into a breakfast wrap to take along or eat on the go.
- Throw a dash or two of hot sauce on your scramble to add some heat.

Recipe Variations

- To give the scramble a bit more flavor, add a little extra soy sauce.
- You can use Bragg's Liquid Aminos or tamari soy sauce to make it gluten-free.
- Swap out the vegetables for blanched asparagus, zucchini, bell peppers, or other greens such as kale or chard.