

Easy Vegan Tofu Scramble

Prep: 5 mins

Cook: 10 mins

Total: 15 mins

Servings: 2 servings

Tofu scramble is a popular vegan breakfast dish similar to scrambled eggs. Although this recipe calls for onions and green peppers, try adding some mock meat crumbles or experiment with different vegetable combinations, such as spinach, mushrooms and green onions. The possibilities for tofu scramble are endless. Try a curried tofu scramble with spinach or a cayenne spicy tofu scramble. Wrap in a flour tortilla for an easy breakfast burrito.

Ingredients

- 1/2 medium onion, diced
- 1/2 green bell pepper, diced
- 1 block tofu, drained and pressed
- 2 tablespoons oil, or margarine
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon soy sauce
- 1/2 teaspoon turmeric, optional
- 2 tablespoons nutritional yeast

Steps to Make It

1. Gather the ingredients.
2. Prepare the tofu. Like most tofu recipes, the scramble will taste best by pressing the tofu first.
3. Slice the tofu into approximately 1-inch cubes once it has been well pressed.
4. Crumble the tofu slightly using either hands or a fork to get the right consistency for a scramble.
5. Heat the oil or margarine in a large skillet or frying pan and sauté the chopped onion, pepper, and crumbled tofu for 3 to 5 minutes, stirring frequently.
6. Add the garlic powder, onion powder, and soy sauce and reduce the heat down to medium. Allow tofu to cook 5 to 7 more minutes, stirring frequently and adding a bit more oil if needed.
7. Add the nutritional yeast and stir to combine, making sure the tofu is well coated.
8. Serve just as it is, top it off with salsa, wrap it up in a warmed flour tortilla with a bit of salsa for a breakfast burrito, or top with soy or dairy cheese.

Tip

Pressing the tofu is crucial, as it allows the tofu to absorb more of the flavorings and seasonings which you add to it. It's an extra step, but it just takes a few minutes.