



Natural Foods Market

A COMMUNITY COOPERATIVE SINCE 1973

Tofu Scramble

Serves 2-3

- 1 small onion, chopped
- 1/2 green pepper, chopped
- 1 block Oryana tofu, about 1 pound
- 2 teaspoons butter or vegetable oil
- 1/2 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 tablespoons nutritional yeast
- 1/2 teaspoon turmeric
- 1 teaspoon dried herbs or handful chopped fresh herbs
- 1/4 cup water or vegetable broth
- 2 tablespoons Braggs Liquid Aminos, or more to taste

Mash the tofu in a bowl until crumbly. Sauté the onion and pepper in oil in a skillet over medium-high heat about 5 minutes. Stir in tofu, garlic powder, onion powder, turmeric, yeast, and herbs, and cook a few more minutes. Stir in water and Braggs and cook 1 or 2 minutes. Add more Braggs if necessary. Serve immediately.

Veggie variations:

1. Half a bunch of asparagus, cut into 1/2 inch pieces and a handful of chopped mushrooms
2. 1/2 cup red onion, chopped, 1 small zucchini, diced, 2 roma tomatoes, chopped
3. 4 green onions, chopped, 1/2 cup corn, 1/2 cup black or red beans
4. 1 small onion, chopped, leftover cooked potatoes, diced

Spice variations:

1. 1 teaspoon chili powder, 1/2 teaspoon cumin, 1 teaspoon thyme, 1/2 teaspoon paprika, salt
2. 2 teaspoons curry powder, 2 tablespoons nutritional yeast, salt
3. 2 teaspoons dried soup seasoning, 1/4 cup nutritional yeast, 1 teaspoon paprika, black pepper
4. 2 teaspoons Cajun seasoning, 2 tablespoons nutritional yeast

Be sure to store your tofu completely submerged in water or it will become slimy. Change the water daily and use fresh tofu within a week.