

SOUTHWEST TOFU SCRAMBLE

INGREDIENTS

SCRAMBLE

14 ounces extra-firm tofu (1 block)
1-2 Tablespoons olive oil
1/2 medium onion (diced small)
1 medium red bell pepper (diced small)
1/2 cup black beans, drained and rinsed

FOR THE SAUCE

1/2 tsp sea salt (reduce amount for less salty sauce)
1 tsp garlic powder
1 tsp ground cumin
1/2 tsp chili powder
Water (to thin)
1/2 tsp turmeric (optional)

DIRECTIONS

1. Pat tofu dry and roll in a clean, absorbent towel or paper towels. Set the tofu on the counter with something heavy on top, such as a cast-iron skillet, for 15 minutes.
2. While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside.
3. Prep veggies and warm a large skillet over medium heat. Once hot, add olive oil and the onion and bell pepper. Season with a pinch each salt and pepper and stir. Cook until softened – about 5 minutes.
4. Add black beans, and stir to combine with onion and bell pepper and cook, about 2 minutes.
5. In the meantime, unwrap tofu and use a fork to crumble into bite-sized pieces.
6. Use a spatula to move the veggies to one side of the pan and add tofu. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned.

VARIATIONS & TIPS

- Would be great served with your favorite salsa, a sprinkle of cilantro or a sliced avocado.
- Try making this into a breakfast burrito – fill a whole wheat wrap with the tofu scramble and wrap up for an on-the-go breakfast.
- Use any leafy greens in this recipe (kale, spinach, Swiss chard).
- If you like it spicy, try adding a pinch of cayenne pepper to the sauce mixture.

NUTRITION FACTS

Calories: 235 cal, Carbohydrates: 15.8g, Fiber: 5.8g, Sugar: 3.1g (0g added sugar), Protein: 16.9g, Fat: 11.9g, Saturated fat: 1.6g, Cholesterol: 0mg, Sodium: 410mg

YIELD: 4 servings

SOURCE: Adapted from minimalistbaker.com

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