

Ms. Rene's

Tofu Scramble Recipe

Ingredients

- 1/2 pack Firm Tofu
- 1 handful Spinach
- 1 Onion
- 1/2 can any Beans
- 30 oz Mushrooms
- 1 Jalapeño
- 1/2 Tomato
- 1 Bell Pepper
- 1 tbsp Olive Oil
- 1 tbsp Nutritional Yeast



Directions

1. Press tofu dry. Place a paper towel on top of a plate then put tofu on top of paper towel. Next put another paper towel on top of tofu and place another plate on top. Place a heavy object on top of the plate to press excess water out of the tofu (see picture above).
2. While the tofu is being pressed, dice all veggies.
3. In a large skillet, heat olive oil then sauté the veggies for about 2 minutes. Then add beans.
4. Next scramble in the tofu.
5. Season with nutritional yeast and other desired seasonings. Store leftovers in fridge for one week.

**From the
chef!**

This is a great alternative for eggs and it makes about 4-6 servings so share with family and friends or save for the next meal! Happy healthy eating!