

TOFU SCRAMBLE



Ingredients

For the spice mix: *

- 2 tablespoons [nutritional yeast](#)
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon sea salt (omit or use 1/8 tsp if high bp)
- 3/4 teaspoons turmeric
- 1/4 teaspoon garlic powder

For the tofu scramble:

- 1 teaspoon Olive oil or Avocado oil
- 2 teaspoons water
- 8 oz button mushrooms, sliced (about 1 1/2 cups sliced)
- 1 red pepper, chopped
- 1/2 yellow onion chopped
- 1 bunch of spinach
- 2 cloves garlic, minced
- 1 or 2 block medium-firm tofu or firm tofu
- 1 19oz can black beans (2 cups), drained and rinsed

Instructions

1. Add all of the spice mix ingredients into a bowl and stir to combine.
2. Heat a large skillet over medium-high heat and add the olive oil and water. When hot, add the mushrooms, pepper, onion, spinach, and garlic and sauté for about 8 minutes until everything just starts to brown.
3. Add the tofu blocks and break it apart with your spoon until you get a nice scramble texture with lots of chunks. Stir in the spice mix and black beans. Heat through for another 5 - 8 minutes until hot.

Spice Mix Recipe Notes

*You can double, triple, or quadruple this spice mix and save it in a jar. That way you can have it on hand, ready to go for future tofu scrambles.