



TOFU SCRAMBLE



INGREDIENTS

- 1 pkg of organic tofu extra firm, crumbled
- 1/2 chopped yellow onion
- 2 large garlic bulbs, minced
- 2 small tomatoes, chopped including skin and seeds
- ½ t turmeric
- ½ t salt
- 2 T nutritional yeast flakes
- ½ t ground garlic
- 2 c fresh spinach
- 4 large leaves of fresh basil
- ½ t black salt
- water, as needed

DIRECTIONS

In a sauté pan, dry sauté garlic and onions until translucent about 2-3 minutes careful not to burn the garlic in a nonstick pan with 1-2 t water to prevent scorching. Add tofu grounds and continue to sauté x 5 minutes while adding turmeric, salt, nutritional yeast, and garlic. Add tomatoes as you continue to sauté for 1-2 minutes. Sprinkle with black salt and toss to mix. Add spinach and toss to wilt. Lastly, add fresh basil and toss to infuse its flavor for 1 minute. Serve hot!

