

# SOUTHWEST TOFU SCRAMBLE



**Prep time**

10 mins

**Cook time**

20 mins

**Total time**

30 mins

*NOTE: Added a little to this awesome recipe! Inspired by Minimalist Baker. My changes show in red. So good you won't miss the eggs.*

Did everything the same except added 1 clove garlic (did not have garlic powder) and added about 10 cherry tomatoes cut in half and some fresh basil and chives at the end of cook time. Served on a seeded bagel this time. Put in tortilla for a great breakfast burrito too!

The kale, cherry tomatoes, chives and basil are all from my aeroponic Tower Garden still blooming in October in Chicago!).

For more info on ordering your own Tower Garden go to [www.karenquirk.towergarden.com](http://www.karenquirk.towergarden.com)

Savory, Southwest-inspired tofu scramble for two with lots of veggies and a simple 5-ingredient sauce. Just 10 ingredients, 30 minutes and 1 pan required!

Cuisine: Vegan, Gluten Free

Serves: 2

# Ingredients

## SCRAMBLE

- 8 ounces extra firm tofu
- Olive oil
- 1/4 red onion, thinly sliced
- 1/2 red pepper, thinly sliced
- 2 cups kale, loosely chopped
- 10 cherry tomatoes cut in half, 1-2 leaves basil, 1 TBS chopped chives.

## SAUCE

- 1/2 tsp sea salt
- 1/2 tsp garlic powder
- 1/2 tsp cumin powder
- 1/4 tsp chili powder
- 1/4 tsp turmeric (optional)

## FOR SERVING

- Salsa
- Cilantro
- Hot Sauce
- Breakfast potatoes, toast, and/or fruit

# Instructions

- 1 Pat tofu dry and roll in a clean, absorbent towel with something heavy on top, such as a cast iron skillet, for 15 minutes. **A good squeeze over sink okay too!**
- 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 1-2 Tbsp olive oil and the onion and red pepper. Season with a pinch each salt and pepper and stir. Cook until softened - about 5 minutes.
- 4 Add kale, season with a bit more salt and pepper, and cover to steam for 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.
- 7 **Remove from heat. Add cherry tomatoes, basil and chives (or herbs you love)!**
- 8 Serve immediately with the breakfast potatoes, toast or fruit. I like to add more flavor with salsa, hot sauce and/or fresh cilantro. Serves 2.