

# SOUTHWEST VEGAN TOFU SCRAMBLE

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Adapted from: <https://minimalistbaker.com/southwest-tofu-scramble/>

Serves: 8

## INGREDIENTS:

- 32 ounces extra-firm tofu
- 4-8 Tbsp olive oil
- 1 red onion, thinly sliced
- 2 red pepper, thinly sliced
- 8 cups kale, loosely chopped
- 2 tsp sea salt
- 2 tsp garlic powder
- 2 tsp cumin powder
- 1 tsp chili powder
- Water to thin
- Optional: 1 tsp turmeric

## MATERIALS NEEDED:

- Paper Towels
- Heavy Object (Used as a weight to drain tofu)
- Small Bowl
- Skillet
- Fork
- Spatula
- Measuring Spoons
- Cutting Board
- Knife

## 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.
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.



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