

# “Egg” Tofu Scramble

## Ingredients

- 1 package (15 oz) firm tofu, drained
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp turmeric powder
- 3 Tbsp vegetable broth (Better Than Bouillon\*)
- 1 Tbsp Canola/vegetable oil
- *Optional: 1/2 cup frozen or fresh veg (spinach, tomatoes, mixed veg)*



## Directions

1. Mix onion powder, garlic powder, salt, and turmeric powder in small bowl. Set aside.
2. Heat a pan over medium heat. Add canola/vegetable oil.
3. Add tofu and spices together. Using a spatula, cut up the tofu in the pan to look like scrambled eggs.
4. Add veggies. Make sure cooked/thawed and heated.
5. Add vegetable broth, 1 tablespoon at a time, bringing the broth to a boil and allowing tofu to absorb.
6. Salt and pepper to taste. Ready to eat! Great to eat with whole wheat toast, in a breakfast wrap, with brown rice or just by itself for breakfast!

\*Take 1/4 cup water and add 1/2 tsp Better Than Bouillon Vegetable

Recipe adapted from

<http://www.forkandbeans.com/2015/07/27/tofu-scrambled-eggs/#comments>

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