

# Easy Tofu Scramble

Ready in 10 minutes, this tofu scramble is delicious and full of veggies, good carbs and protein to help fuel your day. Enjoy with toast or veggie sausage, its also great in a wrap!

Prep:  
**5 minutes**

Cook:  
**5 minutes**

Ready In:  
**10 minutes**

Servings:  
**1**



## Ingredients

1/3 block firm tofu, crumbled  
1 medium pre-steamed potato\*  
1/2 red and green bell pepper, diced  
1/2 small white onion, minced  
1-2 cups mushrooms, chopped  
2 cups spinach or kale  
1/2 tsp each, garlic powder, onion powder, paprika  
1/2 tsp kala namak\*\* and turmeric  
black pepper to taste

## Instructions

- 1 Set a large skillet pan over medium high heat and add in a couple tbsp of water.
- 2 Add in all of your ingredients (except spinach) and toss well to combine. You' ll want to pat your tofu dry and crumble it apart with your hands. Let cook 5 minutes stir continuously. You may need to add in a little extra water if it starts to dry out.
- 3 Lastly add in your spinach and toss until wilted. Serve with toast, veggie sausage or in a wrap.
- 4 Recipe Notes\* \*I like to pre-steam a bunch of potatoes to keep on hand for quick dishes like this. You just need to place whole washed potatoes in a steamer (do not cut) over boiling water and place a lid on top. Let cook until slightly tender (do not overcook) about 15 minutes. I also do this in the instant pot on high pressure for 7 minutes quick release. These potatoes make the crispiest fries when baking and are great to throw into dishes for a quick lunch. \*\*Kala Namak is a black salt that has a very high sulfur content which gives everything an "egg" like flavor. I find mine on amazon here is the link to the one i use - <https://amzn.to/3vwmBrh> If you dont have this you can just use any other salt, garlic salt is a great substitute.