



# Tofu Scramble



Adapted from *theppk.com*

## Ingredients

- 1 tsp. ground cumin
- 1 tsp. dried thyme
- 1/2 tsp. ground turmeric
- 1 tsp. salt
- 3 Tbsp. water
- 2 Tbsp. olive oil
- 3 cloves garlic, minced
- 14 oz. extra-firm tofu, drained
- 1/4 cup nutritional yeast (optional)
- Fresh black pepper to taste
- 2-4 cups chopped veggies (optional)  
Mix and match any of the following  
broccoli, onion, mushrooms, bell  
pepper, tomato, olives, leafy greens,  
grated carrots, etc.



## Directions



**Yield:** 4 servings **Serving size:** 1 cup

**Total cost:** \$8.23 **Serving cost:** \$2.06

1. First stir the cumin, thyme, turmeric, salt and water together in a small cup, set aside.
2. Preheat a large, heavy bottomed pan over medium high heat. Sauté the garlic (and onions and bell pepper, if using) in olive oil for about a minute.
3. Crumble the tofu into the pan using your hands and sauté for about 10 minutes (along with broccoli, olives, tomatoes, and carrots, if using), using a spatula to stir often. Use a thin metal spatula to scrape the bottom and don't let it stick to the pan—that is where the good, crispy stuff is. The water should cook out of it and not collect too much at the bottom of the pan. If that is happening, turn the heat up and let the water evaporate.
4. Add the spice blend and mix to incorporate. If using, add the nutritional yeast and greens and fresh black pepper and stir well. Cook for about 5 more minutes. Serve warm.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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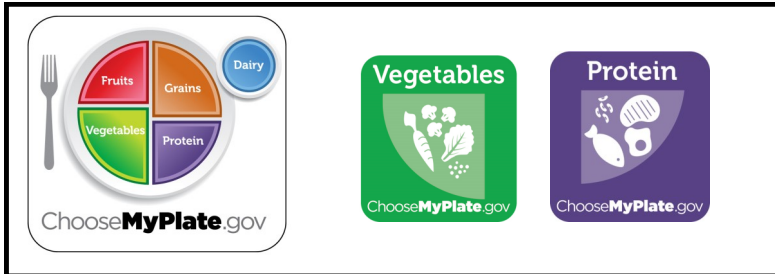
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Top your scramble with salsa, hot sauce, avocado, cheese, or a squeeze of lemon/lime if desired.
- Use the scramble as a filling for burritos, tacos, crepes, squash, bell peppers, sandwiches etc.!
- Serve with hash browns and toast for the ultimate breakfast!

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>210</b>
	% Daily Value*
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 1.9g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 620mg	<b>27%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	<b>32%</b>
Vitamin D 0mcg	0%
Calcium 325mg	25%
Iron 3.78mg	20%
Potassium 564mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

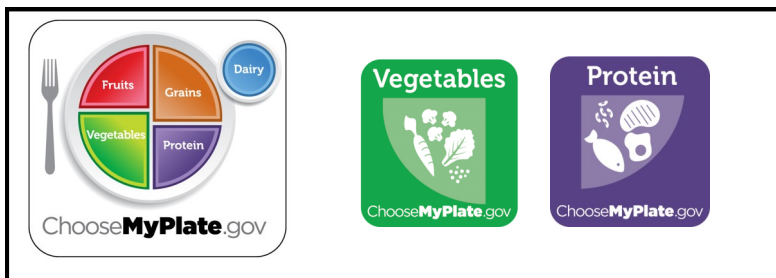
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