

Southwest Tofu Veggie Scramble

12 ingredients · 15 minutes · 4 servings



Directions

1. Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
2. In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
3. Add the tofu, spinach, beans, tomatoes, nutritional yeast, chili powder and cumin to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
4. Season with sea salt and black pepper taste. Enjoy!

Notes

More Carbs

Serve with toast or brown rice.

Likes it Spicy

Serve with hot sauce, cayenne pepper or chili flakes.

Leftovers

Store in the fridge up to 3 to 4 days.

Ingredients

- 14 ozs Tofu (firm, 1 package)
- 2 tbsps Avocado Oil
- 1 Yellow Onion (medium, diced)
- 4 Garlic (cloves, minced)
- 1 Red Bell Pepper (sliced)
- 2 cups Baby Spinach (chopped)
- 2 Tomato
- 1 1/2 cups Black Beans (1 can)
- 1/4 cup Nutritional Yeast
- 2 tsps Cumin
- 2 tbsps Chili Powder
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	314	Cholesterol	0mg
Fat	14g	Sodium	184mg
Saturated	2g	Vitamin A	4372IU
Carbs	30g	Vitamin C	52mg
Fiber	12g	Calcium	361mg
Sugar	5g	Iron	8mg
Protein	23g		