

Recipes with a Cause

**A COLLECTION OF
VEGAN SUMMER RECIPES
BY FRIENDS OF NTR**

TOFU BREAKFAST SCRAMBLE

BY KATHARINE NICOLE MAGSAYSAY

Hi! I'm Kat from Cruelty-Free Charcuterie! When I'm not making Cruelty Free Charcuterie boards or working on creating events for clients, you can catch me in the kitchen making delicious meals for my favorite people.

I love this Tofu Breakfast Scramble because when I used to live in LA, there was a restaurant that made the most delicious tofu scramble in all of LA LA Land and I HAD to find a way to recreate it at home. It took me about a month to nail it. It's fast, easy, and has so many flavors that you'll want to create it over and over again! Hope you enjoy it just as much as I love making it.

Xo,

Kat

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Ingredients:

(This serves between 3-4 people)

Prep time: 10 mins

Cook time: 10 - 15 mins

1 block of firm tofu (drain and press until completely dry)
½ cup of Nutritional Yeast
½ cup of chopped sun-dried tomatoes (not the one in oil)
1 tbsp of EVOO or 2-4 sprays to cover the surface area of the pan
1 cup of kale (chopped and packed in)
½ of chopped zucchini
1 tbsp of chopped garlic
½ medium yellow onion (finely chopped)
cup of water
1 tsp of cumin
1 tsp of turmeric powder
1 tsp of chili powder
1 tsp of garlic powder
1 tsp of onion powder
1 tsp of paprika powder
Salt & Pepper at the end (to your liking)



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Instructions:

Get a big mixing bowl and start to crumble your tofu into a scramble like consistency. Make sure to crumble the pieces as evenly as possible.

Add all your dry ingredients into the bowl: Nutritional Yeast, Cumin, Garlic powder, Onion Powder, Chili Powder, Paprika Powder, and Turmeric Powder. Fold in ingredients until evenly coated. Set aside.

Heat up the pan on the medium setting, then add the EVOO. Wait a minute until the oil is hot and add the onions and garlic. Get them to sweat for about 2- 3 mins, or until onions are translucent and garlic is a touch of golden brown.

Next, add your zucchini and kale, mix that up until softened. Then add your sundried tomatoes. Repeat what you did with the zucchini and kale.

Once everything has softened up, add the tofu scramble mix into the pan. Mix everything up so that everything has dispersed. Add in the water to give the tofu some moisture and to not have it stick to the pan. Be sure to keep folding the ingredients for about 3-5 mins. Add more water if necessary to help from scramble sticking to the pan.

Add salt and pepper to taste and enjoy!

You can enjoy this with a piece of sourdough toast, vegan bacon, or a nice cup of white rice.



@crueltyfreecharcuterie @nontoxicrev

**NON TOXIC
REVOLUTION**