



Recipe Details

Recipe Name - Breakfast Scramble

Recipe Steps -

Ingredients

- 1 block Silken tofu, drain water
- 1/2 large sweet onion, diced
- 1/2 yellow bell pepper, diced
- 1 medium tomato diced
- 1/8 cup cilantro, chopped
- 1 to 2 jalapeños, diced
- 1 lime, juiced
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp chili powder
- 1/2 tsp turmeric
- 1/2 tsp black pepper

Instructions

- 1) Drain water from the tofu
- 2) Crumble tofu with your hands to mimic scrambled eggs
- 3) Mix crumbled tofu and all other ingredients together in a bowl until incorporated well
- 4) Saute in a skillet until veggies are soft, about 5 to 10 minutes until all moisture is evaporated
- 5) Enjoy with your favorite salsa

