

# Tofu Scramble

1) Chop up the broccoli into pieces no larger than nickel, about for about 2 cups. Dice the bell pepper and onion into pea size pieces. Shred the carrot on a box grater or dice it up very small. Mince the garlic and jalapeño. In a small bowl, mix together the cumin, chili powder and oregano and set aside. All the prep work is done.

2) In a large skillet, heat the oil over medium heat. Add the onion and cook until it starts to look golden around the edges, 3 to 5 minutes. Now add the chopped broccoli and bell pepper and cook until the broccoli starts to get tender. Don't overcook the broccoli, only about 3 to 4 minutes. Now add the garlic and jalapeño and sauté for about 30 seconds.

3) While the veggies are cooking, drain the tofu and squeeze out as much as possible. You can use paper towels to press the tofu. Now crumble the tofu into the pan into quarter-size chunks. Break it up more with the spoon once in the pan. Saute the tofu with the veggies for 2 to 3 minutes and try to get it all mixed in. If the pan starts looking dry, add a splash of water and move on. Add the soy sauce and lemon juice all over the pan. Add the spice blend, shredded carrot and nutritional yeast right after and stir it in. Let all that cook together for about 2 minutes so that the flavors blend.

4) Add some chopped tomatoes on top or sliced avocado.

Recipe from Thug Kitchen

Thug Kitchen cookbook is where it's at! I've used recipes from Thug Kitchen for the weekly fix before. Remember when I talked about all the cursing the authors do in this book? It's hilarious! This is a good option for a different kind of breakfast recipe. Add an egg on top if you want some extra protein or put this mixture over a bed of greens or a baked sweet potato. Part of the joy of eating is trying new things

and different flavor combinations. Tofu may not sound like your thing but give it a try you just never know. I agree by itself tofu doesn't really taste like much. But add some soy sauce and lemon juice it takes it to a whole other level.

Enjoy!

xoxo

Kristin