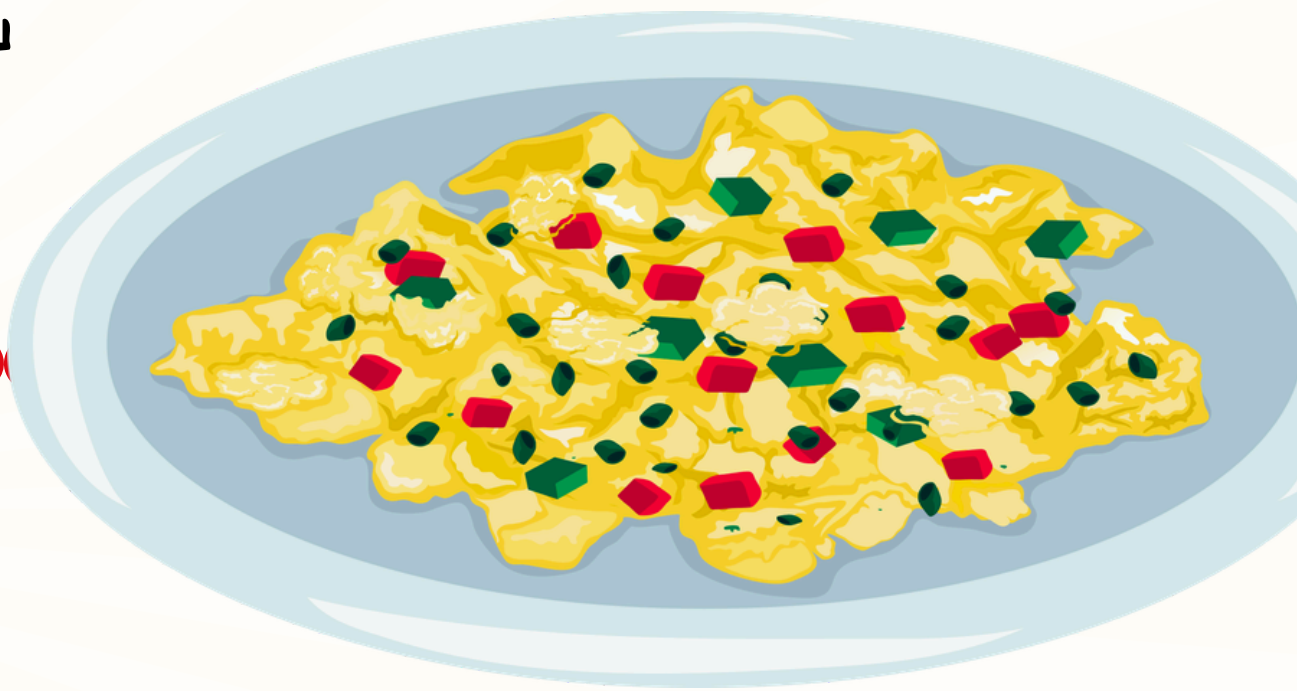
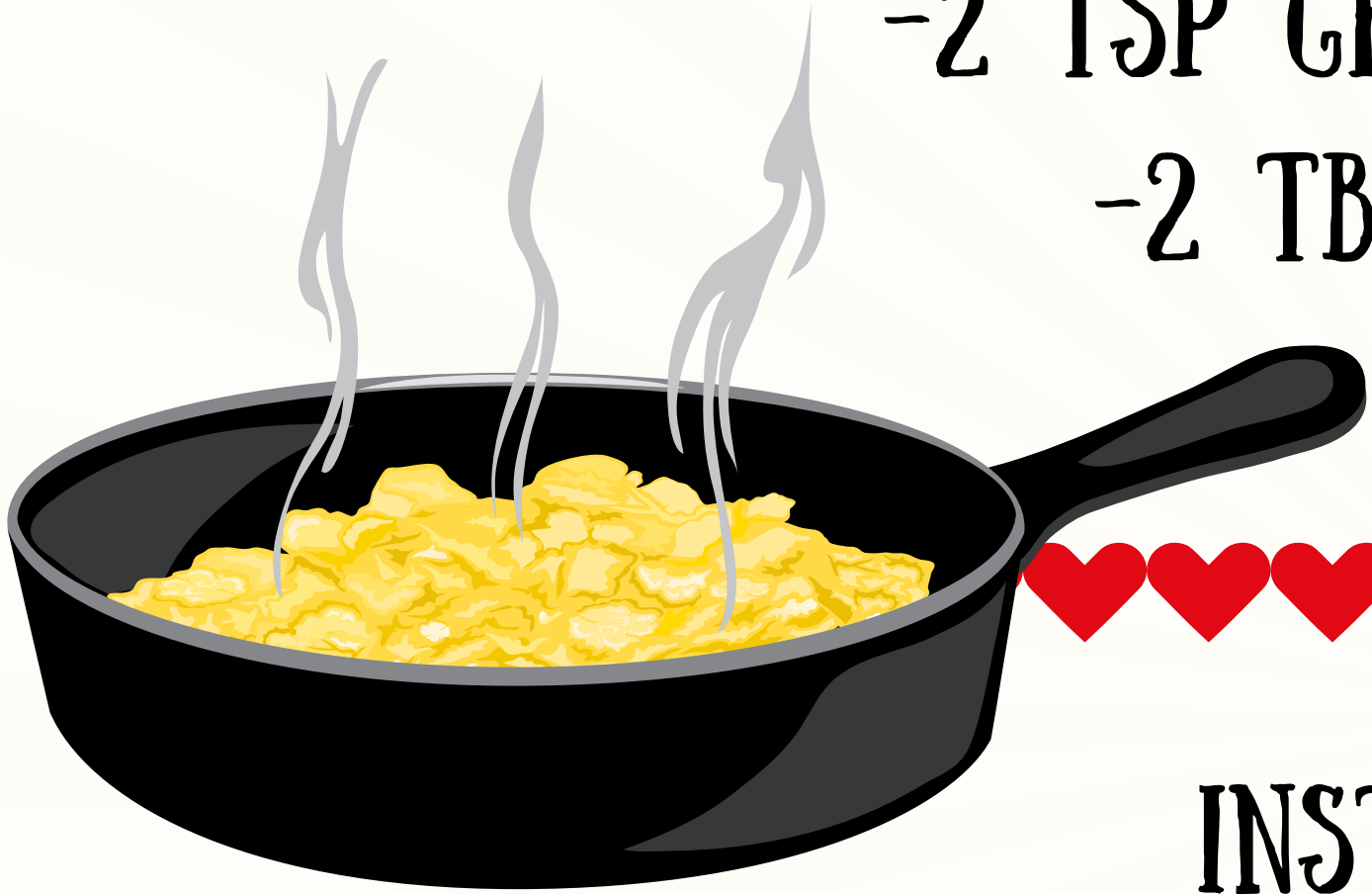


SIMPLE TOFU SCRAMBLE



INGREDIENTS:

- 1 BLOCK OF ORGANIC TOFU EXTRA FIRM
- 1/2 TSP BLACK SALT OR SALT
- 2 TBSP -NUTRITIONAL YEAST
- 2 TSP GROUND TURMERIC
- 2 TBSP OLIVE OIL



INSTRUCTIONS:

- 1.) PRESS MOISTURE OUT OF TOFU
- 2.) IN A MIXING BOWL CRUMBLE TOFU AND COMBINE WITH SEASONINGS.
- 3.) ADD OLIVE OIL TO PAN AND HEAT ON MED-HIGH HEAT.
- 4.) IF YOU ARE ADDING IN VEGGIES, ADD IN YOUR VEGGIES FIRST AND COOK UNTIL SOFT. (ONIONS, GARLIC, BELL PEPPERS, MUSHROOMS, ETC.)
- 4.) ADD CRUMBLED TOFU MIXTURE TO PAN AND STIR FOR ABOUT 5 MINUTES OR UNTIL TOFU TURNS GOLDEN YELLOW.

