

## Turmeric tofu scramble with veggies

*This adaptable recipe makes for an easy breakfast, lunch, or dinner. Serve by itself or wrapped in tortillas.*

**Serves 4**

### **Ingredients**

- 1 tbsp. olive oil
- ½ medium onion, diced small
- 3 cloves minced garlic
- 8 oz. sliced button mushrooms
- 2 tsp. ground turmeric
- ½ tsp. ground cayenne
- ½ tsp. ground mustard powder
- 4 oz. sliced baby bell peppers (or chopped bell peppers)
- 2 lb. tofu, pressed (wrap in towel/wash cloth, place heavy object on top, and let sit for half an hour or so to drain out some of the liquid)
- ½ cup chopped olive oil-marinated sun dried tomatoes
- ½ tsp. salt (more or less)
- 3-4 tbsp. nutritional yeast
- 4 oz. chopped fresh spinach, kale, or other greens of your choice



### **Directions**

- 1) Heat up the oil in a large sauté pan or skillet. Add onions and garlic and cook for a minute or two, until softened. Add the mushrooms and spices and cook over medium-high heat for a few minutes, until slightly golden (to prevent the mushrooms from getting soggy, allow them to get a bit crisp and golden before adding other ingredients).
- 2) Add the bell pepper and cook for another few minutes, until mostly tender.
- 3) Add tofu, sun dried tomatoes, salt, and nutritional yeast and cook over medium-high heat for about five minutes, or until everything is hot and the tofu has dried out a bit.
- 4) Add the spinach/greens and cook just until tender.
- 5) Serve hot and enjoy!