



# Tofu Scramble with Vegetables

Serves: serves 4   Active Time: 20 minutes   Total Time: 20 minute

## Ingredients

1 16-ounce firm tofu brick  
1-2 cloves garlic, pressed  
2 tsp Bragg Liquid Aminos  
 $\frac{1}{4}$  tsp turmeric  
4 fresh mushrooms, diced  
3 green onions, chopped  
1 small tomato, diced  
Handful of Spinach  
Salt to taste

## Directions

1. Crumble tofu into a nonstick skillet and add garlic, salt, Bragg's, and turmeric. Cook covered 10 minutes (medium-high)
2. Add mushrooms and cook uncovered for 5 minutes. Add green onions and cook about 1 minute. Remove from heat and add the tomato.

Note: For a more scrambled egg look and texture, Don't stir as you would, or the result will be crumbly. Simply turn once or twice.

