

# Tofu Scramble



Unlike restaurant tofu scramble that uses turmeric to give the dish a yellow egg color, this recipe makes no effort to mimic eggs and embraces tofu in all its glory. (Turmeric is a powerful antioxidant and a worthwhile addition). This recipe actually conjures up a childhood camping memory for me of sitting in a tent, shivering and eating a grayish potato, bacon, egg concoction cooked by my uncle that he dubbed “egg goulash”. This recipe skips the bacon and uses tofu in place of the eggs. Creamy Yukon potatoes, green spinach and salsa combine for a colorful dish with a zesty flavor. The ease of this recipe easily makes it a weekend favorite.

## Ingredients

- Vegetable broth
- 1 yellow or purple onion, chopped
- 1 carton refrigerated extra firm tofu, drained
- 2 or 3 Cups fresh spinach or kale, chopped
- 1 can diced tomatoes
- 1/2 – 1 can medium salsa or 8 oz salsa of choice
- 4 or 5 yukon gold potatoes, diced small for quick cooking or precooked in microwave
- 1 Cup diced mushrooms, optional
- Garlic powder, Black pepper and fresh cilantro to taste

## Directions

In a large skillet saute the onion (and mushrooms if using) in vegetable broth over medium heat. While sautéing, slice the tofu in ½ creating two thinner slabs. Using paper towels, press the water out of the tofu. Add tofu slabs to skillet and mash with a potato masher or fork until tofu has a crumbly texture. Add canned diced tomatoes. Turn skillet to low. While the mixture is cooking, chop the spinach and toss into the mixture. Dice raw potatoes small for even cooking. If using pre-cooked potatoes, chop and add to mixture. Cover the mixture with a lid only if using raw potatoes (allows them to steam a bit). As the spinach begins to wilt, add the salsa, and seasonings. Stir to combine with tofu mixture. Cook until the potatoes are no longer firm. Leave lid off so liquid evaporates. Stir to be sure seasonings and ingredients are well mixed. Adjust seasonings to taste. Serve hot with a side of fruit and whole grain toast.

Note: if mixture seems dry, add more salsa while cooking.

Makes enough for 4 – 6 large servings