Tofu Scramble

PREP TIME: 5 MIN | COOK TIME: 10-15 MIN | SERVINGS: 2

INGREDIENTS:
- 1/2 Tbsp oil or butter
- 1/4 cup chopped onion
- 1/2 cup chopped bell peppers or mushrooms
- 6 oz firm tofu, pressed and crumbled
- 1/2 tsp seasonings of choice
- 1/4 cup shredded cheese or 1 Tbsp nutritional yeast
- Salt and pepper, to taste

DIRECTIONS:
- Heat oil in a large pan over medium heat. Add onion and cook for 2 minutes to soften. Add mushrooms or bell peppers and cook to soften, about 5 minutes.
- Turn heat to medium-low. Add crumbled tofu and seasonings of choice and cook until tofu is heated through, about 5 minutes.
- Stir in cheese or nutritional yeast and cook for another 1-2 minutes. Serve immediately.

RECIPE NOTES:
- You can easily cut this recipe in half to serve one.
- Get creative and use whatever vegetables on hand.
- For seasonings, try garlic and chili powder, cumin and paprika, or curry powder and turmeric.

RECIPE ADAPTED FROM FOODHEAVENMADEEASY.COM