



# Vegetable Scrambled Tofu

Prep Time: 10 min  
Cook Time: 20 min  
Makes 4 cups

## INGREDIENTS

- 8 ounces firm tofu
- 2 teaspoons oil
- 1 small onion, chopped
- 1 clove garlic, chopped
- 2 cups fresh, canned, or frozen mixed vegetables
- 1/4 teaspoon salt
- 1/4 teaspoon turmeric (optional)
- 1/4 teaspoon pepper
- 1 medium tomato, sliced

## DIRECTIONS



Start with clean hands!  
Wash your hands with soap and water.

1. Pat tofu dry, then use a fork to crumble into bite-size pieces.
2. Heat oil in a medium skillet over medium heat. Add onions and garlic and cook until fragrant. Add the other vegetables and cook until soft, for about 5 minutes.
3. Use a spatula to move the vegetables to one side of the pan. Add the tofu, salt, turmeric (optional) and pepper. Sauté for a few minutes. Stir tofu and veggies together until they are well combined. Cook for 5-10 minutes.
4. Serve immediately, with tomato slices on the side.

**Tofu** is made from soybeans, and often used in Asian and vegetarian cooking. It has a mild flavor and soaks up whatever sauce you cook it with.