## Loving It Vegan

SUPER EGGY TOFU SCRAMBLE (Alison Andrews) (adapted)

*High protein and super eggy tofu scramble! This hearty and satisfying vegan breakfast is the closest thing to scrambled eggs in taste without actually being scrambled eggs! Perfect for vegans who miss eggs and those who just want a hearty healthy breakfast.*

Ingredients:

- 8 ounces Extra Firm Tofu
- 3 Tbsp sherry, wine or veg broth
- 2 Tbsp Nutritional Yeast
- ½ tsp Turmeric
- ½ tsp Paprika
- 1 tsp Dijon Mustard
- ½ tsp Garlic Powder
- ¼ tsp Black Salt Kala Namak*
- ¼ tsp Onion Powder
- ⅓ cup Soy Milk

For Serving:

- Black Pepper
- Chopped Chives
- Fried Tomatoes
- Sliced Avocado

Instructions:

- Mash the tofu with a fork but leave some nice big chunks.
- Add the nutritional yeast, turmeric, paprika, dijon mustard, garlic powder, black salt and onion powder to a bowl. Then add the soy milk and whisk it in so you have a nice sauce.
- Add the sherry or other liquid to a frying pan and heat briefly. Add the tofu and sauté it until lightly browned, being careful not to break it up too much when moving it around the pan.
- Add the sauce and fold it in. Fry it until you've achieved desired consistency; the tofu will absorb the sauce so you can have it as wet or as dry as you like. **TIP: Don't cook it too long and dry it out.** You want it to have that *slightly* soft scrambled egg sort of feeling to it.
- Top with some black pepper and chopped chives and serve with some fried tomatoes and sliced avocado.

*Black Salt/Kala Namak: Alison says: "This fancy salt is not actually black in color at all, so don't be fooled, but what it's got going for it in abundance is eggy flavor! … A little goes a long way. We use ¼ teaspoon in this recipe and find it's enough. You might want to add a bit more once you're used to it – if you like it – but start slow. If you don't have any black salt on hand, you can switch it for regular salt …"

Editor's Note #1: I adapted this recipe by changing the step where Alison has you fry the tofu in vegan butter. To warm it through and brown it somewhat before adding the sauce, I have you heat some sherry and sauté the tofu briefly. Here are Alison's tips after that step: "Then you add your 'egg' sauce and fold it in with your tofu. Fry it up together until you achieve a nice consistency. **TIP: Don't cook it too long and dry it out,** you want it to have that *slightly* soft scrambled egg sort of feeling to it.

Editor's Note #2: I have never used less than a full tub of tofu (14-16 oz) when making scrambled tofu, so you might want to consider doubling this recipe.





**Loving It Vegan** is the site of Alison Andrews, who specializes in "Easy Home Cooked Vegan Comfort Food." Alison does use oil and some processed ingredients, but she also makes many staples from scratch, and her recipes can be readily adapted to WFPB.