

The Best Tofu Scramble

If you miss scrambled eggs, this Tofu Scramble Recipe is for you! An easy vegan breakfast staple made with just 7 ingredients in 10 minutes.

Cook Time

10 mins

Total Time

10 mins

Course: Breakfast Cuisine: American Servings: 2 servings Calories: 288kcal

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Ingredients

- 1 tablespoon olive oil
- (1) 14.5-ounce block firm tofu
- 2 tablespoons nutritional yeast
- 1/2 teaspoon kala namak (black salt) or more to taste
- 1/4 teaspoon turmeric
- 1/4 teaspoon garlic powder
- 2 tablespoons non-dairy milk, unsweetened and unflavored

Instructions

1. Heat the olive oil in a pan over medium heat (I prefer a cast iron pan, or non-stick). Mash the block of tofu right in the pan, with a potato masher or a fork. You can also crumble it into the pan with your hands. Cook, stirring frequently, for 3-4 minutes until the water from the tofu is mostly gone.
2. Now add the nutritional yeast, salt, turmeric and garlic powder. Cook and stir constantly for about 5 minutes. Continue to cook for longer, not stirring for a few minutes at a time, until golden spots form on some of the tofu. This is a personal preference but I prefer some golden spots and a longer cook time.
3. Pour the non-dairy milk into the pan, and stir to mix. Serve immediately with sliced avocado, hot sauce, parsley, steamed kale, toast or any other breakfast item.

Notes

1. Tofu Scramble is also good with all sorts of vegetables mixed in. Vegetables to add before the tofu: 1/4 cup diced onion or a few cloves of minced garlic. Saute in the oil for 2-3 minutes before adding and mashing the tofu. Vegetables to add towards the end: fresh spinach, kale, thin sliced red peppers, small chopped broccoli or fresh sliced/diced tomatoes. Add these after you've added the milk to the tofu, and cook for just a few minutes.
2. Omit oil if desired to make the tofu scramble oil free.
3. You can use any kind of non-dairy milk you like, such as soy, almond, cashew, oat or coconut milk. Just make sure it is unsweetened and unflavored. [Cashew cream](#) makes it extra creamy and delicious!

Nutrition

Serving: 1 serving | Calories: 288kcal | Carbohydrates: 9g | Protein: 24g | Fat: 18g | Saturated Fat: 2g
| Sodium: 600mg | Potassium: 168mg | Fiber: 4g | Sugar: 1g | Vitamin A: 31IU | Calcium: 302mg |
Iron: 3mg