



Country Western Tofu Scramble

Ingredients



1 lb extra-firm tofu,
drained



¼ tsp ground
turmeric



½ tsp kosher salt



¼ tsp ground
black pepper



1 (8 oz) package
mushrooms



1 Tbsp olive oil



½ cup dairy-free
shredded cheddar
cheese

Tools



paper towels



large bowl



measuring
spoons



cutting board



knife



medium
bowl



skillet



wooden
spoon

Steps:

- 1 Crumble tofu into ½-inch pieces. Pat dry with paper towels. Add to large bowl.
- 2 Add turmeric, salt, and pepper to tofu. Stir to combine. Set aside.
- 3 Chop mushrooms into small pieces.
- 4 Heat oil in a skillet over medium heat.
- 5 Add mushrooms to skillet. Cook until softened, 3-4 minutes.
- 6 Add tofu mixture to skillet. Cook, stirring frequently, until heated through, about 3 minutes.
- 7 Turn off heat. Sprinkle on cheese and stir to combine. TASTE & SHARE!