

Jill's Joyful Kitchen



Curried Tofu Veggie Scramble

Serves Two to Four

1 lb firm (or extra firm) tofu, drained and cut into small cubes, or crumbled*

1 - 2 teaspoon olive oil

1 - 2 carrots diced small

1 tablespoon curry powder, or more if preferred

1/4 cup chopped scallion, about 2-3 scallions

1 - 2 cups mushrooms, sliced thinly

1/2 teaspoon salt, divided

Optional: 1-2 tablespoons of hemp seeds

Rinse tofu and gently squeeze out water. Dry with a paper towel. Cut into cubes, or, using your hands, crumble the tofu into a bowl. Set aside. Heat a skillet to medium and add olive oil. Add carrots and mushrooms and 1/4 teaspoon salt and cook stirring often for about 5 minutes or until tender. Add the crumbled tofu and stir. Add the curry powder and 1/4 teaspoon and sauté for about 5-10 minutes until the tofu is thoroughly heated. Add scallions and cook, stirring often, about 1 minute. Serve hot. Sprinkle with hemp seeds if using. Adjust salt to taste.

*There are lots of types of tofu ranging from silken/soft to firm and extra firm. For a tofu scramble, you want to get a tofu that is firm or extra firm. These are found in the refrigerated section. If you have time, you can wrap your tofu in a towel and then place something heavy on it so that the water will be absorbed by the towel. After about 10-20 minutes, the towel will be soaked.

