

Spicy Tofu Scramble

Recipe from: <http://vegetarian.about.com/od/breakfastrecipe1/r/spicytofuscramb.htm>

Serves: 4

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

INGREDIENTS

3 tbsp olive oil or margarine

1/2 yellow or white onion, diced

3 cloves garlic, minced

1 tsp soy sauce

1 12-oz container firm or extra firm tofu, drained and cut into 1 inch cubes

1/2 bell pepper, any color, diced

3/4 cup mushrooms, sliced

3 green onions, diced

2 tomatoes, chopped

1/2 tsp ground ginger

1/2 tsp chili powder

1/4 cayenne pepper

hot sauce or chili sauce, to taste

salt and pepper to taste

PREPARATION

Sautee the yellow or white onion and garlic in the olive oil or margarine for 3-5 minutes, until onions are slightly soft.

Add remaining ingredients, except salt and pepper.

Stirring frequently, sautee for another 6-8 minutes, until veggies are done and tofu is lightly fried. Add a dash of salt and pepper, to taste.

Wrap in a flour tortilla, if desired or enjoy plain.