



## Curried Tofu Scramble

3 servings

25 minutes

### Ingredients

1 tbsp Vegetable Broth  
1 Red Bell Pepper (chopped)  
1/2 Yellow Onion (chopped)  
15 3/4 ozs Tofu (extra firm, drained and pressed to remove water)  
1 tsp Curry Powder  
1 tbsp Nutritional Yeast  
1/4 tsp Sea Salt  
3 cups Arugula

### Directions

- 1 In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
- 2 Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
- 3 Add arugula to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**No Vegetable Broth:** Use avocado oil or extra virgin olive oil instead.

**More Flavor:** Add mushrooms or fresh herbs to the dish.