

Curried Tofu Scramble

Serves 4

Budget friendly and protein packed, tofu is a blank slate just waiting for flavor instructions. In this dish I use curry to provide deep rich taste and whatever veggies are on hand to make a quick breakfast or dinner.

12 ounces firm tofu, drained, pressed, and crumbled
1 ½ Tbs. mild curry powder
1 medium red potato, diced small
1 cup broccoli florets, cut small
¼ cup water or vegetable stock
2 Tablespoons olive oil
1 medium yellow onion, sliced
2 cloves garlic, minced
Black pepper to taste
1 Tbs. tamari soy sauce, more to taste
1 medium carrot, shredded
2 scallions, thinly sliced

Crumble the tofu into a bowl and sprinkle with the curry. Stir gently to combine.

Bring a small pot with ¾ cup salted water to a boil. Cover and cook for about 10 minutes until just tender. Add broccoli florets to the pot and continue to cook until tender crisp, another 3 minutes. Drain the vegetables and set aside.

Heat a large skillet over medium heat and add the oil. When the oil shimmers add the onions and a pinch of salt. Cook the onion until soft and slightly golden, 5-6 minutes, then add the garlic and cook until fragrant, another minute or so.

Add the tofu and steamed vegetables to the onions. Season with tamari and some black pepper to taste. Mix gently but well, cooking for 2-3 minutes, stirring as necessary, to allow tofu to absorb flavors. Remove from heat and mix in shredded carrot and scallions.

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Chef C's Cooking Tips:

- This is a dish with endless possibilities!
 - red peppers, celery, zucchini, green beans, shredded cabbage could get added to the sauté step with the onions
 - swap diced sweet potatoes and cauliflower for the red potato and broccoli
 - chard, baby spinach, or chopped kale could easily go in at the end



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Nourishment for the Clinical Caregiver

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