

# Scrambled Tofu – Vegan

Prep Time: 10 minutes  
Cook Time: 5 minutes  
Total Time: 15 minutes

Serving Size: 2  
Calories per serving: 305  
Fat per serving: 7 grams

## Ingredients

- 1 (12-ounce) package firm tofu
- 1 teaspoon vegetable broth, Trader Joe's Low Sodium
- 3 cups kale, chopped
- 1 small onion, chopped
- 1 medium green bell pepper, chopped
- 1 large tomato, diced
- 1 tablespoon oregano
- 21-seasoning salute (no-salt seasoning), to taste
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## Instructions

1. In a skillet over medium-high heat, place vegetable broth, onion, kale, bell pepper, and tomato. Stir occasionally.
2. Wrap the tofu in a pepper towel and squeeze out the water, then crumble it into the skillet with the vegetables.
3. Cook until tofu is golden brown. Top with oregano and 21 seasoning.

## Notes

Nutrition facts (per serving): Calories: 305, from fat: 40, total fat: 7g, cholesterol: 0mg, sodium: 218mg, total carbohydrate: 45g, fiber: 10g, sugar: 0g, protein: 24g.