

Tofu Scramble

serves 4

This is really good with rice, toast, or rolled up in a warm corn or wheat tortilla with salsa on the side. If you have other vegetables waiting to be used, experiment: peppers, zucchini, corn, black olives, garlic, all chopped small. This is great to have in the fridge as leftovers.

- 1 lb. firm tofu**
- 1 medium onion, diced small**
- 1 tsp. turmeric**
- 1 tsp. chili powder**
- ½ tsp. cumin**
- freshly ground black pepper**
- 1 T. tamari**
- 2 T. nutritional yeast**
- 1 cup milk**
- olive oil**
- sharp cheddar cheese, grated**

Drain the tofu. Heat a little olive oil in a heavy sauté pan. Add the onion and sauté about 5 minutes. Crumble in the tofu. Add the turmeric, chili powder, cumin, tamari, yeast, and a couple of grinds of black pepper. Stir around until evenly mixed together. Add the milk, bring to a boil, reduce the heat, and simmer covered for 30 minutes. Add more liquid if needed. At serving time it should be saucy, not soupy. Top with grated cheese.