



## Tofu Scramble

### Ingredients:

- 1 Firm or Extra Firm Tofu, whole block
- 1/2 Onion, diced
- 1 teaspoon Garlic Powder
- 1 teaspoon Onion Powder
- 1 teaspoon Cumin Powder
- 1 teaspoon Cooking Oil
- 1/2 teaspoon Chili Powder
- 1/4 teaspoon Turmeric, ground
- 2 teaspoons Nutritional Yeast (optional)
- Salt and Pepper, to taste

### Directions:

1. Heat up a pan to medium heat and oil.
2. Add in onion and saute until translucent.
3. Crumble tofu with hands into the pan.
4. Add in all dry spices, herbs, and nutritional yeast and stir to combine.
5. Allow everything to cook and become fragrant, about 1-2 minutes.
6. Remove from heat and serve tofu as desired.



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## Tofu Revuelto

### Ingredientes:

- 1 Tofu Firme o Extra Firme, bloque entero
- 1/2 cebolla, picada
- 1 cucharada de Ajo en polvo
- 1 cucharada de cebolla en polvo
- 1 cucharada de comino
- 1 cucharada de aceite
- 1/2 cucharada de chile en polvo
- 1/4 cucharada de trumerico seco
- 2 cucharadas de levadura nutricional (opcional)
- Sal y pimienta al gusto

### Preparación:

1. Calienta un sartén a fuego medio y añade el aceite.
2. Añade la cebolla y fríela hasta que quede translúcida.
3. Desmorona el tofu en el sartén.
4. Añade todos los condimentos y la levadura nutricional.
5. Deja que los ingredientes se cocinen e incorporen todos sus sabores, como 1-2 minutos.
6. Disfruta!

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