Breakfast Tofu Scramble

Date : 29-07-2019

Ingredients

- 1 cup tofu, shredded
- 2 small tomatoes, chopped
- 1/2 small red onion, chopped
- 2 tbs chopped cilantro
- 1 tsp coconut oil
- 1/2 tsp salt
- 1/3 tsp turmeric

Method

1. Saute onion in coconut oil over medium heat until the onion starts to brown

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2. Increase the heat, add the tofu, and salt, and stir fry for a few minutes
3. Add in the tomatoes and cook until the tomatoes soften
4. Mix in the turmeric and cilantro until evenly distributed, and remove from heat

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