

Vegan

Scrambled Tofu

Esther Gamayo

Servings: 8

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2 Packages Tofu, Firm, drained and finely chopped 1/2 Cup Onion, Chopped

2 Cloves Garlic, Minced

2 Tablespoons Vege Chicken Seasoning

4 Teaspoons Nutritional Yeast Flakes

2 Teaspoons Bragg's All Purpose Seasoning or Light Soy Sauce 1/2 Cup Red Bell Pepper, Chopped

3 Tablespoons Olive Oil

Dash of Salt and Pepper (optional)

Fresh Chopped Italian Parsley for Garnish

Heat olive oil in a medium skillet over medium heat, and saute garlic, onion and red bell pepper until tender.