

Tofu Super Scramble

1 Onion Diced

2-3 cloves garlic crushed

2# extra firm tofu water packed

Drain rinse and crumble or cube into skillet.

Stir in:

2 T. chicken like seasoning

4 T. nutritional yeast

¼ t. Turmeric

Salt to taste

Sprinkle with parsley.

Cover and simmer for 10 minutes.