



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

Scrambled Tofu, Black Beans and Greens

INGREDIENTS:

1-Batch of Scramble Tofu:

- 1 blocks of extra firm tofu, crumbled
- 1 3/4 tbsp Braggs
- 2 tbsp vegetable stock to saute onions
- 1/2 cup white onion, small dice
- 2 cloves garlic
- 1/2 cup peppers, minced (red, orange etc.)
- 1 cup baby spinach or other greens
- 2- 2 1/2 tbsp nutritional yeast
- 1/2 tsp salt
- 1 tsp turmeric

1-Batch Black Beans:

- 1 Can black beans or 1 1/2- 2 C fresh made
- 3 dried chiles opt
- 3 bay leaves
- 4 cloves garlic (sliced)
- 1-3 tsp ground cumin
- 1 1/2 tsp chile powder opt
- 1 1/2 tsp sea salt, or to taste

DIRECTIONS:

Beans:

- Lightly drain the beans, or if using fresh beans, add to a pot with spices and heat over medium heat for about 20 min.

Tofu:

- To prepare the tofu scramble, in a bowl, crumble the tofu, add the Braggs and set aside.
- Heat a skillet on medium-high heat and add the vegetable broth and the onions and reduce heat to medium. Sauté until they are translucent and golden, then add the garlic. Once the onion and garlic are tender, add the peppers, greens and crumbled tofu.
- Cook on high heat for 4 minutes until the ingredients begin to brown slightly.
- Add the nutritional yeast, salt, turmeric and cook another 3 to 5 minutes.
- Add cooked beans to scramble tofu mix. Serve hot or even cold.



GLUTEN-FREE

