

Cooking with Amanda – Lentils and Beans

Class 8 – Breakfast Tofu Scramble with Tempeh Bacon

Breakfast Scramble

Ingredients:

- 3 tablespoons soy sauce (tamari)
- 3 tablespoons tahini (sesame paste)
- 1 medium onion, chopped
- 3 medium cloves garlic, minced
- 1 small zucchini, diced
- ½ large red or green bell pepper, diced
- 2/3 cup peas, fresh or thawed frozen
- 1 package (14-16 oz) firm tofu, crumbled
- 1 teaspoon curry powder
- ½ teaspoon turmeric
- ½ teaspoon ground cumin
- 2 tablespoons fresh cilantro, chopped

In a small bowl, whisk together the tamari and tahini and set aside. Heat a little water in a skillet, preferably non-stick, over a medium heat. Add onions and sauté until soft, about 5 mins. Add the garlic, zucchini, bell pepper and peas and sauté for 5 mins. Add the tofu, curry powder, turmeric and cumin and sauté for 5 more mins. Add the tamari-tahini mixture to the vegetables and tofu and heat through. Remove from heat, add the cilantro, briefly stir to blend and serve.

Tempeh Bacon

- ¼ cup organic canola oil
- 1 (8-ounce) package tempeh, cut crosswise into ¼-inch-wide strips
- Dried oregano
- Dried thyme
- Dried basil
- 1 tablespoon reduced-sodium soy sauce (eg. Tamari)

Heat a 10-inch skillet over medium-high heat, add 2 tablespoons of the oil, then half of the tempeh strips. Fry the slices briefly, about 30 seconds on each side, until golden brown.

Sprinkle 2 herbs over the tempeh as it fries, then the other herb after flipping them over. Remove the tempeh slices and place them on a paper towel on a plate. Sprinkle with soy sauce. Repeat the process with the remaining tempeh slices. Serve.