

# Gluten- Free Tofu Scramble

## INGREDIENTS

1 Pack of firm tofu

1 green bell pepper, chopped

1 red bell pepper, chopped

1 small white or red onion, chopped

corn kernels, frozen

2 cloves garlic, minced

taco seasoning , see below for gluten-free version of this ingredient

hot sauce

basil or cilantro, chopped

salt

flour or corn tortillas, optional

cooking oil

## Method

### To Prepare Tofu:

1. Cut tofu block in half. Drain the tofu with paper napkins in order to remove the excess storage liquid (without breaking up the tofu).
2. Once the tofu is drained, place it in a freezer bag and store in the freezer. Freeze overnight or until you are ready to use it.
3. Remove from the freezer and thaw completely in the refrigerator. You will notice the change in consistency of the tofu after it has been frozen.
4. When soft, press any residual water with a paper napkin.

5. (Note: Alternatively, you can place their unopened package of tofu in the freezer without draining and drain after the tofu is defrosted. You may have more water and air pockets because the water will have frozen inside the tofu. Either method will work.)

### **To Prepare Scramble:**

1. Add 2 tbsp oil in a wok or skillet and heat to medium.
  2. Add chopped garlic, onions, and red/green bell peppers and saute on medium/high heat until they are cooked. Add some salt and mix. Defrost and add the corn.
  3. With your hands, crumble the tofu block and add directly to the skillet.
  4. Mix the scramble frequently and cook the tofu until it has slightly browned.
  5. Add taco seasoning, hot sauce, and salt to taste.
  6. Add freshly chopped basil or cilantro. If you don't have fresh herbs, you can use dried herbs.  
Serve hot.
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