

MASTER CHEF NYU



The Ultimate Cooking Showdown!



Vegan with a Vengeance:

Tofu scramble with fresh salsa & guacamole

Ingredients:

2 cakes of tofu, crumbled
1 small tomato, chopped
1/2 green bell pepper, chopped
2 T. nutritional yeast
1 tsp paprika
2 tsp cumin
1 T olive oil
1/2 red onion, chopped
1/2 red or orange bell pepper, chopped
5 cloves garlic, chopped
1 tsp turmeric
1 tsp thyme
1 tsp Mexican chili powder (optional)
1 salt and pepper (about 1/2 tsp each)

Salsa:

1 large tomato, chopped
2 cloves garlic, minced
1/2 tsp cayenne pepper
1/4 red onion, chopped
1 T dried cilantro
salt and pepper (about 1/2 tsp each)

Guacamole:

1 large avocado, mashed
2 T dried cilantro
salt and pepper (about 1/2 tsp each)
1 small tomato, diced

Instructions:

Tofu Scramble:

1. Saute onions and garlic in olive oil until caramelized. Reserve some for topping.
2. Crumbled tofu and spices. Cook for a few minutes, until tofu absorbs the color and flavor
3. Add the tomato and bell peppers and cook until soft
4. Serve with caramelized onions, salsa and guacamole

Salsa:

Mix all ingredients and serve with scramble.

Guacamole:

Mash all ingredients together and serve with the scramble.