

Mexican Tofu Scramble [vegan]

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-tofu-recipe-mexican>

Ingredients:

- 1 2/3 cups kidney beans [14oz]
- 7/8 pound tofu plain, [14oz]
- 2 garlic cloves crushed
- 2 tablespoons nutritional yeast
- 1/2 teaspoon turmeric
- 1 red onion
- 1 red pepper
- 1 1/8 cups corn
- 1 chipotle pepper
- 1 bunch fresh coriander
- flour tortillas
- olive oil
- pepper
- salt

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 37 grams
3. Fat: 14 grams
4. Fiber: 8 grams
5. Protein: 21 grams
6. SaturatedFat: 2 grams
7. Sodium: 370 milligrams
8. Sugar: 5 grams

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