

Incredible Breakfast Bowl

Protein-packed breakfast of champions featuring 'scrambled' tofu, breakfast patties, hash browns, veggies, and greens!



Ingredients

- 1 tsp avocado oil (optional)
- 2-4 potatoes, diced (2-3 cups)
- 1 bell pepper, diced (I used ½ green, ½ red)
- 1 onion, diced
- 1/2 cup mushrooms, diced
- 7-8 oz block of Firm Tofu
- 1 Tbsp nutritional yeast
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp poultry seasoning
- 1/2 tsp kala namak (black salt)
- 1/4 tsp turmeric
- 1/8 tsp pepper
- 2 Tbsp plant milk
- 1 Tbsp minced garlic
- 4 Plant-based [Breakfast Patties](#)
- 1 cup of greens
- 1 cup cherry tomatoes, sliced in half
- 1/4 cup cilantro, chopped
- 2 green onions, sliced
- avocado (optional)
- tobasco (optional)

Instructions

1. Sauté potatoes in a skillet with 1 teaspoon avocado oil - I try not to use oils but hash browns just brown better with it. Feel free to use an air fryer, if you have one. Otherwise, sauté in a skillet, flipping and turning occasionally to get all of the cubes nice and golden.
2. In a separate skillet, crumble the block of tofu and sprinkle seasonings on top, stirring occasionally.
3. Add in milk and stir to coat. Remove from heat.
4. In a separate skillet, sauté bell peppers, onion, and mushrooms on medium-low until translucent, about 5 minutes.
5. Add in garlic until fragrant, about 1-2 more minutes. Remove from skillet and set aside.
6. Using the veggie skillet, heat the [breakfast patties](#) until browned on each side. Remove from skillet and set aside.
7. Using the same veggie skillet, sauté the greens until wilted, about 1-2 minutes. Remove from heat.
8. To serve, spoon hash browns, scrambled tofu, veggies, greens, and breakfast patties into serving bowls.
9. Top with chopped green onions, chopped cilantro, sliced tomatoes, and sliced avocado.

Notes

Kala namak (black salt) has a subtle sulfuric scent. It mimics the smell of eggs and lends it to a more traditional experience. A little sprinkled on top does the trick.

Turmeric is used solely to color the eggs yellow.