

Low-Glycemic Instant Pot Tofu Scramble with Greens

A protein-packed, blood sugar-friendly breakfast ready in 22 minutes. This savory tofu scramble combines fiber-rich vegetables with anti-inflammatory spices for sustained energy.

Prep: 10 min

Cook: 12 min

Total: 22 min

Servings: 4

GL 5.1 / GI 21

Ingredients

- Healthy monounsaturated fats, no glycemic impact

extra virgin olive oil
- Low GI vegetable, adds flavor and prebiotic fiber

medium red or yellow onion, diced
- Nutrient-dense leafy green, virtually no glycemic impact

frozen kale
- Low GI, rich in lycopene and fiber

crushed tomatoes, canned
- High protein, zero glycemic impact, excellent for blood sugar control

super firm tofu block
- B-vitamins, savory flavor, no glycemic impact

nutritional yeast flakes
- Anti-inflammatory spice, no glycemic impact

smoked paprika
- May help improve insulin sensitivity

garlic powder
- Use quality sea salt for trace minerals

sea salt
- Powerful anti-inflammatory, supports metabolic health

ground turmeric
- Enhances turmeric absorption

freshly ground black pepper
- Prevents burning during pressure cooking

filtered water or vegetable broth

Instructions

Step 1

Activate the Sauté function on your Instant Pot and allow it to heat for about 30 seconds. Pour in the olive oil and swirl to coat the bottom of the pot. Add the diced onion and frozen kale directly into the pot without thawing.

Step 2

Sauté the vegetables for approximately 3 minutes, stirring occasionally, until the onion begins to soften and become translucent. The kale will start to thaw and wilt during this time.

Step 3

Pour the crushed tomatoes into the pot and continue cooking for another minute, stirring constantly to prevent sticking. The mixture should be bubbling gently. Use the full 14 oz can to ensure proper portion control across 4 servings.

Step 4

Remove the tofu from its package and use your hands to crumble it directly into the Instant Pot, breaking it into small, bite-sized pieces that resemble scrambled eggs. Stir to combine with the vegetable mixture.

Step 5

Add the nutritional yeast, smoked paprika, garlic powder, sea salt, turmeric, and black pepper to the pot. Pour in the water or vegetable broth and stir everything together thoroughly to ensure the spices are evenly distributed.

Step 6

Press Cancel to turn off the Sauté function. Secure the Instant Pot lid in place and turn the pressure valve to the Sealing position. Select the Pressure Cook or Manual setting and set the timer for 3 minutes at high pressure.

Step 7

When the cooking cycle completes and the Instant Pot beeps, carefully turn the pressure valve to Venting to perform a quick release. Once all steam has escaped and the float valve drops, remove the lid.

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Step 8

Taste the scramble and adjust seasonings as needed with additional salt and pepper. If you prefer a drier texture, turn the Sauté function back on and simmer for 2-3 minutes to reduce excess liquid. Serve immediately while hot, optionally garnished with fresh herbs or a sprinkle of additional nutritional yeast.