

Veggie Scramble

INGREDIENTS

TIME: 34 MINUTES
SERVINGS : 2 SERVINGS

- 2 eggs
- 6 small baby Bella mushrooms
- 1/2 red pepper
- 1/4 onion
- 2 Tbsp. olive oil
- 1/2 avocado
- Salt
- Pepper



<https://www.resplendentkitchen.com/mushroom-vegan-egg-scramble/>

Adapted from: [<https://jamdownfoodie.com/mushroom-and-veggie-scramble-on-avocado-toast/>]



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PROCEDURE

1. Wash and finely dice pepper and onion; slice mushrooms; and cut avocados into chunks
2. Whisk eggs in bowl and set aside
3. Add 1 Tbsp. of oil to the skillet and turn to medium heat. Add mushrooms and pinch of salt and pepper. Cook for 1 minute and remove mushrooms.
4. Add remaining oil and pepper, cook for 1 minute. Add onion and cook for another minute
5. Add mushrooms back into skillet
6. Turn heat on low and add eggs, continuously stirring to scramble
7. Pour scramble into bowl and add avocado on top



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