

## Full English Breakfast

by Katherine

I recently traveled to London, England to train 14 new Cancer Project instructors. While there, Scott and I became obsessed with the “Full English Breakfast” that our hotel served there. Luckily, they had a vegetarian option that we were able to enjoy every day of our stay! After returning home, our first order of business was to recreate the delectable dish to share with our family. A Full English Breakfast has now become our Saturday morning ritual and a special treat for out-of town guests — we hope that you’ll enjoy it too! Warning: it’s very, very filling :)



***Components: Tofu Scramble, baked mushrooms & tomatoes, baked beans, vegan sausage links and baked potato wedges.***

### ***Easy Scramble***

Saute ½ of a diced onion in a skillet over medium heat. Use water or vegetable broth, if needed, to keep onions from sticking. Crumble 1 block firm tofu (or mash with a fork) into the skillet. Sprinkle ½ t. salt, ½ t. black pepper, ¼ t garlic powder, 2 t oregano and ¼ t turmeric over the tofu. Gently stir in the skillet and cook for 5-7 minutes until warmed through.

### ***Tomato & Mushrooms***

*Cut 2 tomatoes in half at their widest point. Place tomato halves (open side up) and 16 small button mushrooms (about 8 oz) in a shallow baking dish and pour ½ c vegetable broth on top. Sprinkle with salt and pepper. Bake at 350 degrees for 10-12 minutes, until mushrooms are tender. \*Or, grill the tomatoes.*

### ***Baked Beans(canned or homemade)***

*Saute ½ an onion, that’s diced small, in a skillet over medium heat until tender. When the onions brown and begin to stick, add 1 T of water or vegetable broth. Let turn brown again and repeat until onions are brown and “carmelized”. Add 3 cloved minced garlic and 3 pieces vegan bacon, chopped, and cook for 3 minutes.*

*Add ½ c of broth, 2 t. mustard powder, 1/2 t. salt, 3 T. maple syrup and 1 T. molasses (optional). Stir and simmer for a few minutes. Add 1 1/2 c. of cooked navy beans and simmer until warmed through. \*These homemade baked beans do not have the dark caramel color because there is no brown sugar or coloring added.*