

# Lisamarie Dean's Vegan Tofu Scramble



Lisamarie visiting Maybelle at St. Cloud's Rescue in Texas. Maybelle is the lucky calf whom she rescued from the auction block last year.

**Society of PEACE** member **Lisamarie Dean** came to the rescue of Maybelle last year and helped her find sanctuary at **St. Cloud's Rescue** ([www.stcloudsrescue.org](http://www.stcloudsrescue.org)). Lisamarie met the sanctuary owner at the auction in McKinney, Texas, where Maybelle was to be sold to a dairy or slaughterhouse. They combined their money for the highest bid and now Maybelle lives peacefully with two steers at St. Cloud 's Rescue.

In addition to volunteering and helping with Society of PEACE special events, Lisamarie is also an assistant organizer for the **Houston Vegetarian Meetup**. She's also launching a vegan baked goods catering business called **Kind Heart Cookies & Cakes** in Pasadena, Texas, where she lives with her three feline companions.

Even with a busy schedule, Lisamarie still makes time to visit as many animal sanctuaries as she can each year. She tries to visit Maybelle as often as she can, too!

## Vegan Tofu Scramble

### Ingredients:

1 box firm tofu  
3 or 4 patties of vegan "sausage", crumbled  
1 Green or Red bell pepper, chopped  
1 onion, chopped (optional)  
soy sauce (to taste)  
whatever seasonings/spices you like  
1 diced tomato

- Simply dice tofu, chop peppers, onion, and tomato, crumble about 3 or 4 patties from a tube of vegan "sausage" and add to a greased skillet.
- Mix all together and add whatever seasonings you like.
- Cook on medium heat and when mixture starts to warm up add a few dashes of soy sauce, scramble, and add a few more dashes, or to taste.
- Continue scrambling until heated through, and enjoy!



*Go Vegan!*