



Makes 6 cups
Cook Time: 35 minutes

INGREDIENTS:

1 ½ cups chopped red onion

3 tablespoons prepared yellow mustard

¼ teaspoon ground allspice

1 ½ teaspoons finely chopped seeded jalapeño

2 pounds potatoes, any variety, scrubbed and cut into ½-inch cubes

Sea salt

2 ripe medium tomatoes, finely chopped (about 1 cup)

½ cup fresh cilantro, finely chopped

3 tablespoons fresh lime juice (from 1 to 2 limes)

6 slices whole-grain bread, toasted, or 6 whole-grain tortillas, warmed

[Hot Chile Sauce](#) (optional)

Vegan Potato Scramble with Hot Chile Sauce

This hearty dish is easy to prepare ahead of time which makes it an ideal holiday breakfast dish and a good option to serve for brunch. When you're ready to serve, simply reheat the potatoes and spoon them on top of toast or roll up in tortillas. To make it a bigger meal, serve it with a side of steamed greens or vegetables or with a salad.

From *The Forks Over Knives Plan*

This recipe is also available in our convenient [iPhone app](#) and newly released [Android app](#).

By Darshana Thacker Wendel

- 1 In a skillet, combine the onion, mustard, allspice, jalapeño, and 1 cup water. Stir to combine and bring to simmer over medium heat. Cover the pan and cook until the onions are translucent, 5 to 10 minutes. Add the potatoes, salt to taste, and an additional 1 cup water. Raise the heat to high, cover, and cook, stirring once or twice, for 5 minutes. Reduce the heat to medium and continue to cook, covered, until the potatoes are tender when pierced with a sharp knife, 10 to 15 minutes. You can prepare the dish to this point up to 2 days ahead; just transfer the potato mixture to an airtight container and store in the refrigerator until ready to serve.
- 2 To serve, reheat over low heat if necessary. Just before serving, stir in the tomatoes, cilantro, and lime juice. Place a slice of bread on each of six plates and top them evenly with the potato scramble. Alternatively, wrap the scramble in warmed whole-grain tortillas. If desired, drizzle Hot Chile Sauce over the top or pass it in a bowl at the table.