

Scrambled Tofu Breakfast Burrito

VEGAN with GLUTEN-FREE OPTION



Tested and Approved by 86lemons.com

<http://86lemons.com/scrambled-tofu-breakfast-burrito>

Original Recipe Source:

Vegan Slow Cooking for Two (or Just for You)
by **Kathy Hester** (page 36)

YIELDS: 4 burritos

IMPORTANT: This recipe uses a 1.5- to 2-quart slow cooker (like all the recipes in *Vegan Slow Cooking for Two or Just for You*).

THE NIGHT BEFORE:

STEP 1:

Add black beans through smoked paprika and cook on low for 7 to 9 hours.

IN THE MORNING:

STEP 1:

Taste and add salt and pepper if necessary.

STEP 2:

If your tortillas are stiff, put them one at a time over the mixture in the slow cooker and steam them into submission. Spoon $\frac{1}{4}$ of the mixture onto the tortillas. Add any extras you'd like, roll up and serve.

per 1-cup serving (without burrito shell): 130.7 calories; 3.3 g total fat; 0.5 g saturated fat; 10.7 g protein; 16.2 g carbohydrate; 5.8 g dietary fiber; 0 mg cholesterol

INGREDIENTS:

- 1½ cups cooked or 1 15-oz can black beans, rinsed and drained
- 7 oz tofu, crumbled (no need to press)
- 2 Tbsp sautéed diced onions (*you can use raw onions, but the onion flavor won't meld in as well*)
- 2 Tbsp green pepper, minced
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ tsp ground turmeric
- $\frac{1}{4}$ tsp ground cumin
- $\frac{1}{4}$ tsp chili powder
- $\frac{1}{4}$ tsp smoked paprika
- salt and pepper, to taste
- 4 whole-wheat burrito-sized tortillas (*use gluten-free if desired*)

OPTIONAL EXTRAS: salsa, vegan sour cream, Cashew Cream (page 28 of VSC) or Extra-Thick Silken Tofu Sour Cream (page 28 of VSC), shredded vegan cheese, lettuce, avocado, or other fresh veggies