

Tofu Scramble Burrito

The Vegan Gym · Breakfast

467 cal · 37g protein · 44g carbs · 16g fat · 1 serving

Ingredients

- 1 large flour tortilla
 - ½ block extra firm tofu crumbled
 - ½ cup black beans drained and rinsed
 - ¼ cup diced bell pepper
 - ¼ cup diced onion
 - 1 tbsp nutritional yeast
 - ½ tsp turmeric
 - ½ tsp garlic powder
 - ¼ tsp kala namak (black salt) optional
 - salt and pepper to taste
 - 2 tbsp salsa
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Instructions

1. Heat a skillet over medium heat. Add a small amount of oil and sauté diced onion and bell pepper for 3-4 minutes until softened.
 2. Crumble the tofu into the skillet. Add turmeric, garlic powder, nutritional yeast, and kala namak. Stir well.
 3. Cook for 5-7 minutes, stirring occasionally, until tofu is heated through and lightly golden.
 4. Add black beans and cook another 2 minutes until warmed.
 5. Season with salt and pepper to taste.
 6. Warm the tortilla in a dry pan or microwave for 15 seconds.
 7. Place the tofu scramble in the center of the tortilla, top with salsa, and roll into a burrito.
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