

Black Bean Corn Breakfast Tacos

Web Recipe · Breakfast · GF

390 cal · 22g protein · 44g carbs · 14g fat · 4 servings

Ingredients

- 1 block (14 oz) extra-firm tofu drained pressed and crumbled
- 1 can (15 oz) black beans drained and rinsed
- 1 cup corn kernels
- 1 medium red onion diced
- 1 medium jalapeno seeded and minced
- 2 cloves garlic minced
- 1 tbsp olive oil
- 8 small corn tortillas
- 1 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp turmeric
- 2 tbsp nutritional yeast
- 1/4 cup fresh cilantro chopped
- 1 avocado sliced

Instructions

1. Press and crumble the tofu. Heat olive oil in a large skillet over medium heat.
2. Sauté red onion, jalapeño, and garlic for 2-3 minutes.
3. Add crumbled tofu, turmeric, cumin, chili powder, and nutritional yeast. Cook 5-7 minutes until tofu is golden.
4. Add black beans and corn kernels. Cook 2-3 minutes until heated through. Season with salt and pepper.
5. Warm corn tortillas in a dry skillet for 30 seconds per side.
6. Fill tortillas with the tofu-bean mixture. Top with sliced avocado and fresh cilantro.
7. Serve with lime wedges.

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