

# Tofu Scramble Burrito

The Vegan Gym · Breakfast

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

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## 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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Generated by Meal Planner · Per serving macros