

Breakfast Burritos



PREP TIME

30 mins

COOK TIME

30 mins

TOTAL TIME

1 hr



COURSE

Breakfast



SERVINGS

12 burritos

CALORIES

356 kcal

INGREDIENTS

Hash Browns

- 880 g potatoes shredded
- 1 tsp salt
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder

Sauce

- 1 c raw cashews
- 16 oz salsa
- ½ c nutritional yeast
- ½ c fat free refried beans (like Old El Paso)

Filling

- 2 small onions diced
- 2 medium bell peppers diced
- 4 chorizo tofurkey sausages diced
- 2 pounds extra firm tofu

- ½ tsp cayenne powder (optional, to taste)
- up to 1 tsp salt (to taste)
- 12 tortillas Joseph's Oat, Bran and FLax Tortillas

INSTRUCTIONS

Hash Browns

1. Preheat oven to 400° F/204°C
2. In a large bowl, mix shredded potatoes with salt, garlic, onion, and paprika spices. Toss with your hands to coat evenly.
3. Spread on two baking sheets with either silicone baking sheets, parchment paper, or cooking spray to prevent sticking. Place in oven.
4. Stir the potatoes every 5 minutes for 20 minutes total, switching racks at the ten-minute mark. Set potatoes aside

Special Sauce

1. In a high-powered blender, blend together cashews, salsa, nutritional yeast, and re-fried beans until smooth. If your blender gets "stuck", add small bits of water until it starts moving smoothly. Set sauce aside.

Filling

1. In a very large pan, saute onions and peppers over medium heat until soft, about ten minutes, stirring frequently.
2. Add your diced Tofurky sausages and cook until they start to get crispy on some sides, approximately 5-7 minutes, stirring frequently.
3. Crumble both blocks of tofu into the pan using your hands and stir it in to incorporate.
4. Pour your sauce right on top, using a rubber spatula to get it all out of the blender. Stir this in well.
5. Turn heat up to medium-high and cook until the mixtures starts to thicken and get a little bit "sticky". Be sure to stir often and scrape any good burnt bits off the bottom of the pan (that's the best part!).

Assembly

1. On a large working surface like a table or counter, lay out 12 pieces of aluminum foil that are about 12x12 inches. Place a tortilla in the middle of each one.
2. Starting with your hash browns, place an equal amount in a line on each tortilla.
3. Then add your filling right on top of the potatoes. PRO TIP: Using a spatula, kind of "cut" the filling into quarters right in the pan. From here, use approximately one-third of each pile per tortilla.
4. Roll your burritos up, tucking in the sides as you go, then wrap in foil. SEE VIDEO to watch this in action.

5. Freeze for up to 2-3 weeks. To reheat, remove foil and microwave for 2 minutes. Flip the burrito over and microwave for another 2 minutes.

NUTRITION

Nutrition Facts

Breakfast Burritos

Amount Per Serving

Calories 356	Calories from Fat 117
% Daily Value*	
Fat 13g	20%
Carbohydrates 38g	13%
Protein 26g	52%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!