

# High-Protein Breakfast Burritos

Web Recipe · Breakfast

480 cal · 26g protein · 48g carbs · 18g fat · 6 servings

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## Ingredients

- 1 block (14 oz) extra-firm tofu drained and pressed
- 1 tbsp olive oil
- 1 can (15 oz) black beans drained and rinsed
- 1 cup cooked brown rice
- 1 medium red bell pepper diced
- 1 medium yellow onion diced
- 2 cloves garlic minced
- 1 cup fresh spinach
- 1 avocado sliced
- 6 large flour tortillas 10-inch
- 2 tbsp nutritional yeast
- 1 tsp turmeric
- 1 tsp cumin
- 1/2 tsp chili powder
- salt and pepper to taste

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## Instructions

1. Press and crumble the tofu. Heat olive oil in a large skillet over medium heat.
2. Sauté diced onion, bell pepper, and garlic for 3-4 minutes until softened.
3. Add crumbled tofu, turmeric, cumin, chili powder, and nutritional yeast. Cook 5-7 minutes.
4. Add spinach and cook until wilted, about 2 minutes. Season with salt and pepper.
5. Warm black beans in a small saucepan or microwave.
6. Heat tortillas in a dry pan for 15-20 seconds per side.
7. Assemble burritos: spread cooked rice down the center of each tortilla, add tofu scramble, black beans, and avocado slices.
8. Roll tightly, tucking in the sides. Wrap in foil for meal prep — freezes well for up to 3 months.

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Generated by Meal Planner · Per serving macros