

Quinoa & Soy Curl Burrito Bowl



PREP TIME

30 mins

COOK TIME

25 mins

TOTAL TIME

55 mins



COURSE

Dinner, Lunch



SERVINGS

7

CALORIES

526 kcal

EQUIPMENT

- 1 pot
- 1 pan
- 1 large bowl
- 1 blender optional

INGREDIENTS

For the quinoa:

- 2 c quinoa rinsed
- 4 c vegetable broth
- For the black beans:
- 2 cans 15 oz each black beans, drained and rinsed
- 1 tsp cumin
- 1 tsp paprika
- Salt to taste

For the soy curls:

- 4 c soy curls

- 4 c hot water for soaking
- 1 Tbsp soy sauce
- 1 Tbsp nutritional yeast
- 1 tsp garlic powder

For the veggies:

- 3 ½ c mixed bell peppers sliced
- 3 ½ c corn kernels fresh or frozen

Optional toppings:

- 1 ¾ avocados sliced
- 3 ½ c salsa
- 7 Tbsp lime juice
- Vegan sour cream not in macros
- Jalapeños
- Lime wedges

INSTRUCTIONS

1. In a pot, bring vegetable broth to a boil. Add quinoa, reduce heat to low, cover, and cook for 15 minutes or until quinoa is fluffy. Remove from heat and set aside.
2. In a pan, combine black beans, cumin, paprika, and salt. Cook over medium heat for 5-7 minutes, stirring occasionally. Set aside.
3. Place soy curls in a large bowl and cover with hot water. Let them soak for 10 minutes. Then drain and squeeze out excess water.
4. In a bowl, mix soy sauce, nutritional yeast, and garlic powder. Toss the rehydrated soy curls in the marinade to coat evenly.
5. In a non-stick skillet, cook the soy curls over medium heat for 5-7 minutes, turning occasionally, until they start to brown. Set aside.
6. In the same skillet, sauté the bell peppers and corn until tender. Set aside.
7. Divide the cooked quinoa among 7 bowls. Top each bowl with black beans, soy curls, sautéed veggies, and avocado slices.
8. Spoon ½ cup of the salsa and 1 tablespoon lime juice evenly over each bowl.
9. Add a dollop of vegan sour cream, some jalapeños, and a lime wedge if desired.

NUTRITION

Nutrition Facts

Quinoa & Soy Curl Burrito Bowl

Amount Per Serving

Calories 526 Calories from Fat 207

% Daily Value*	
Fat 23g	35%
Carbohydrates 77g	26%
Protein 26g	52%

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



KEYWORD
gluten free

Tried this recipe?
Let us know how it was!