

Vegan Breakfast Burritos



You'll love this vegan breakfast burritos recipe! This easy vegan breakfast is packed with lots of tasty plant-based protein such as tofu and black beans.

Course	Breakfast
Cuisine	Mexican, vegan
Prep Time	10 minutes
Cook Time	15 minutes
Total Time	25 minutes
Servings	2 Burritos
Calories	366kcal
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Ingredients

- 1 batch Tofu Scramble
- ½ cup/200 grams Black Beans washed + drained
- ½ teaspoon Sunflower Oil
- 1 teaspoon Sriracha adjust to spice preference
- ¼ teaspoon Dried Cumin
- ¼ teaspoon Dried Coriander
- ¼ teaspoon Salt
- 2 Large Wholemeal Tortillas

Instructions

1. Prepare the tofu scramble according to the recipe. Make sure to remove the seeds + membrane of the tomatoes before using in this recipe. Transfer the tofu scramble to a bowl and set aside.
2. To the same frying pan, add the sunflower oil and black beans, and stir to heat though. Add the sriracha, dried cumin, dried coriander, and salt.
3. Stir together and mash the beans slightly. Cook until the beans are heated through.
4. Heat the tortillas in a frying pan or directly over the flame of a gas stove.
5. Assemble the breakfast burritos: add half of the tofu scramble and half of the black beans to a warmed tortilla, ensuring there is plenty of space around all sides of the filling. Fold over the closest side of the tortilla, then fold the two sides, and finally roll up the tortilla tightly to ensure the filling doesn't spill out.
6. Serve hot with tomato ketchup and lime wedges. Enjoy!

Notes

- You can swap the black beans for any beans you have on hand
- This recipe is easily doubled to make extras to enjoy throughout the week. Simply wrap the burritos in foil and store in the fridge for up to 3 days.

Nutrition

Serving: 1burrito | Calories: 366kcal | Carbohydrates: 58g | Protein: 20.2g | Fat: 7.5g | Saturated Fat: 1g
| Sodium: 748mg | Fiber: 12.4g | Sugar: 3.2g