



Cut at the line for a 4x6 Recipe Card

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Breakfast Burrito

(Dinner, None)

Ingredients:

- 1 lb firm tofu, crumbled
- 3 tbsp nutritional yeast
- 1/4 tsp turmeric
- 2 tbsp parsley
- 1 tsp celery salt
- 1/4 tsp black pepper
- 2 tbsp extra virgin olive
- oil, divided
- 2 tsp fresh garlic, minced
- 3/4 cup red onion, small dice
- 1/2 cup red pepper, small dice
- 1/2 jalapeño, minced
- (seeds removed)
- 1/2 cup mushrooms, small dice
- 4 flour tortillas (12")

Directions:

Toss the tofu with the nutritional yeast and dry spices. Using half the oil, fry all the veggies and garlic over medium-high heat until onions are translucent. Remove from the pan and set aside. Using the other half of the oil, sauté the tofu until it's warmed through and just starting to look like it's drying on the edges. Toss the veggies back in and continue to cook/stir for the next 3-5 minutes. Divide the scramble between the four tortilla wraps and roll up tightly. Serve with your fav-ourite breakfast sides or hot sauce. Yield: 4 servings

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