



**GENESIS**  
-HEALTH REVOLUTION-

# ← *Recipe Card* →

## SCRAMBLED TOFU AND BLACK BEAN BURRITO

### INGREDIENTS:

#### 1 Batch of Scrambled Tofu

- 1 block of extra firm tofu, crumbled
- 1 3/4 TBS Braggs Liquid Aminos
- 2 TBS vegetable broth
- 1/2 C white onion, small diced
- 2 cloves minced garlic
- 1/2 C sweet peppers (red/yellow/orange)
- 1 C baby spinach, torn
- 2-2 1/2 TBS nutritional yeast flakes
- 1/4 tsp salt
- 1 tsp turmeric

#### 1 Batch of Black Beans:

- 1 can black beans, drained and rinsed or —1 1/2 - 2 C fresh made
- 2 dried chilis or chili powder to taste
- 3 bay leaves
- 4 cloves garlic, sliced
- 1-3 tsp cumin
- 1 1/2 tsp salt or to taste

#### Optional Ingredients:

- Plant Based Mayo
- Plant Based Shredded Cheese
- Salsa or Guacamole

Cut potatoes into 1" cubes, or take frozen hash browns and bake or air-fry, keep warm. While that is cooking, prepare tofu and beans.

### DIRECTIONS:

To prepare the tofu scramble, in a bowl, crumble the tofu, add the Braggs Liquid Aminos and set aside. Heat a skillet on medium–high heat and add the vegetable stock or water. Add the onions and reduce heat to medium. Sauté until they are translucent and golden, then add the garlic. Once the onion and garlic are soft, add the peppers, spinach and crumbled tofu. Cook on high heat for 4 minutes until the ingredients begin to brown slightly.

Add the nutritional yeast, salt, turmeric and cook another 3 to 5 minutes.

Lightly drain the beans, or if using fresh beans, add to a pot with spices and heat over medium heat for about 20 min.

To assemble, heat a flour or corn tortilla. Add a spread of opt mayo and cheese. Top with tofu mixture, then beans, then hash browns. Wrap and serve with salsa and avocado on top or guacamole on the side. Another option is to mix the tofu, potatoes and beans together, and stuff tortilla.



**GLUTEN-FREE**

