

# Breakfast Burritos – Vegan

Prep Time: 10 minutes  
Cook Time: 20 minutes  
Total Time: 30 minutes

Serving Size: 4  
Calories per serving: 318  
Fat per serving: 6 grams

## Ingredients

- 4 large whole wheat tortillas
- 1 (12-ounce) package lite firm tofu, drained and crumbled
- 1 teaspoon ground cumin
- 1 teaspoon vegetable broth Trader Joe's Low Sodium
- 2 Portobello mushrooms, diced
- 1 red bell pepper, diced
- 1/2 cup frozen corn
- 5 Roma tomatoes
- 1/2 cup red onion, sliced
- 2 cloves chopped garlic
- 1 small jalapeño pepper, chopped
- 1/4 cup Cilantro
- 

## Instructions

1. For salsa:
2. Preheat oven to 350° F. Line a baking sheet with parchment paper.
3. Place the tomatoes on the lined baking sheet, with onion and garlic over them, and bake for 15 minutes. Put the tomatoes, onion, garlic, jalapeno, and cilantro in a blender, and blend on high speed until smooth.
4. For filling:
5. Heat vegetable broth in a medium nonstick skillet over medium-high, and add cumin, and tofu. Cook until beginning to brown, about 2 minutes, and stir frequently.
6. Add to skillet mushrooms, pepper, and corn. Continue cooking until heated through, about 3-5 minutes.
7. Spread desired amount of vegetable mixture in center of tortillas, then top with salsa, fold the sides and roll into a burrito

## Notes

Nutrition facts (per serving): Calories: 318, from fat: 25, total fat: 6g, cholesterol: 0mg, sodium: 273mg, total carbohydrate: 52g, fiber: 6g, sugar: 1g, protein: 9g.