



Breakfast Burritos



Ingredients



Adapted from *delishknowledge.com*

- 2 Tbsp. oil
- 1 bunch green onions, chopped
- 1 bell pepper (any color), diced
- 1 tsp. ground turmeric (optional)
- 1 tsp. ground cumin (optional)
- 1 tsp. chili powder
- 1 tsp. smoked paprika (optional)
- Salt and pepper, to taste
- 1 cup Pico de gallo salsa
- 1 (15oz) can black beans, rinsed and drained
- 1 (16 oz) package firm tofu, crumbled
- 3 cups spinach leaves
- 8 whole-wheat tortillas
- Toppings: avocado, salsa, cheese, sour cream, etc. (optional)



Directions



Yield: 8 burritos **Serving size:** 1 burrito

Total cost: \$16.62 **Serving cost:** \$2.08

1. Heat the oil in a large skillet. Add the bell pepper and green onions and stir for 2-3 minutes. Add the spices and stir for 30 seconds.
2. Add the black beans, crumbled tofu (no need to press before hand), and salsa to the pan and stir well until most of the liquid has evaporated and the mixture is heated through.
3. When ready to serve, stir in the spinach until just wilted.
4. To assemble the burrito, place a scoop in the center of a tortilla, top with any optional toppings, and roll up!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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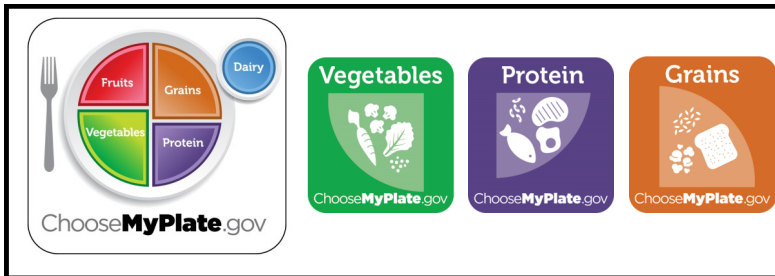
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Fast Facts



Featured Food Groups



Cooking Tips



- This can be cooked in a crockpot overnight. Just combine everything but the spinach (and tortillas!) in a crockpot and add 1/2 cup of water. Cook on low for 6-8 hours and wake up to a hot breakfast ready to go! Stir in the spinach just before serving.
- Add in other vegetables if you have them and/or a different kind of bean or lentil.
- Keeps great in the fridge all week!

Nutrition Facts	
8 servings per container	
Serving size	1 burrito
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.7g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 580mg	25%
Total Carbohydrate 37g	13%
Dietary Fiber 8g	29%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 15g	30%
Vitamin D 0mcg	0%
Calcium 169mg	15%
Iron 3.96mg	20%
Potassium 423mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

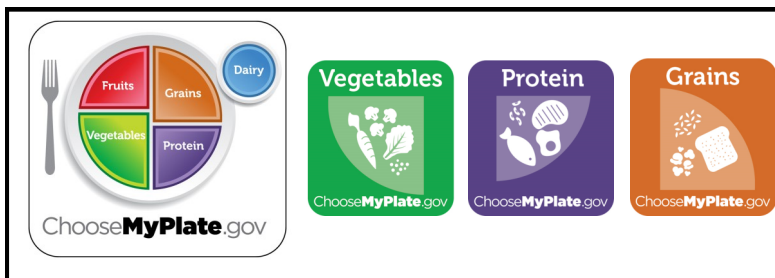
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