

Serves: 4-6 | Prep: 10 mins | Cook: 35 Mins | Ready: 45 Mins



Tofu Scramble

Extra Firm Tofu (1 pack)
White Onion (1/2)
Jalapeno (2-4)
Turmeric (1 tbsp)
Garlic Powder (1tbsp)
Salt & Pepper (approx 1-2 pinches)

Potatoes

Russet Potatoes (6-8)
Olive Oil (1 tbsp)
Smoked Paprika (2 tbsp)
Garlic Powder (2 tbsp)
Red Chilli Flakes (1 tbsp)
Salt & Pepper (approx 1-2 pinches)

Other

Flour Tortilla
Plant Based Sausage (1 pack)
Plant Based Cheese
Plant Based Sour Cream
Hot Sauce
Fresh Herbs: Thyme, Cilantro

BREAKFAST BURRITO

**PLANT BASED
& VEGAN**

1. Prep work: Preheat oven to 400 degrees. Chop white onion, jalapeno, and plant based sausage. Press water out of tofu and crumble into pieces. Peel and wash the potatoes, and cut them into uniform pieces and place into a bowl.
2. Into the bowl with the potatoes, add in olive oil, smoked paprika, garlic powder, red chilli flakes, fresh thyme and salt & pepper. Toss all ingredients together until potatoes are fully coated. Add seasoned potatoes to a baking sheet and place into the oven for approx 30 minutes.
3. Preheat skillet on medium/high heat and add approx 1 tablespoon of olive oil. Add chopped onion and jalapeno. Saute until lightly browned.
4. Push onion and jalapeno mixture to the side of the skillet and add crumbled tofu on the empty side of the skillet (add more olive oil if needed to keep tofu from sticking). Add turmeric, garlic powder and the salt & pepper to the tofu and mix together. Add more salt & pepper to taste if needed. With your tofu fully seasoned, mix together with the onion and jalapeno. Push the tofu scramble to the side of the skillet.
5. Add chopped sausage to the empty side of skillet with a little more olive oil drizzled in if needed. Toss until lightly browned. Remove from heat & set aside.
6. Pull out potatoes and check to see if they are cooked through. If a fork glides through the potatoes, they are done. They should have a golden brown coating. Cook longer if needed.
7. Add splash of olive oil to a clean pan and heat on high. Place tortilla in the pan for approx 30 seconds on each side. This will make them easier to fold in with ingredients.
8. Place tortilla on a flat surface and add tofu scramble and potatoes on the center. Add in your plant based sausage, sour cream and cheese along with your favorite salsa and fresh cilantro. Gently fold tortilla in half and flatten the ingredients together, keeping them in the center. Fold in the right and left side of the tortilla and roll, keeping the sides of the tortilla tucked in as you go. Enjoy!

PRACTICE MAKES DELICIOUS - YOU'VE GOT THIS!