

Hearty Breakfast Burrito

Ingredients:

- 1 cup sweet potato, peeled and finely chopped
- 1 cup chopped sweet yellow onion
- 1 cup chopped red or orange bell pepper
- 2-3 cloves garlic, minced
- 2 tbsp. dried oregano
- 1 tsp. dried basil
- 2 tsp. ground turmeric
- 1 tsp. dried thyme or rosemary, (optional)
- 1 pound extra-firm tofu, crumbled
- ¼ cup nutritional yeast, (preferably non-fortified)
- 1 tbsp. coconut aminos (optional)
- Sea salt to taste
- 2 tbsp. chives or scallions, chopped
- 4 whole-grain tortillas, 9 or 10 inch work well
- 2-3 large tomatoes, chopped
- 1 avocado, chopped (optional)
- 1 lime

Instructions:

1. Preheat the oven to 350°F. In a large skillet over medium heat, cook the sweet potato, onion, and bell pepper for approximately 10 minutes, stirring occasionally. Add 1 to 2 tbsp. of water at a time to prevent sticking.
2. Toss in the garlic, oregano, basil, turmeric and thyme or rosemary; combine well and cook for 1 minute or until garlic is soft.
3. Stir in the crumbled tofu, yeast flakes, and season with coconut aminos and salt.
4. Put the mixture into a nonstick 15×10 inch baking pan and bake for 30-35 minutes or until tofu is lightly browned. Make sure to stir the mixture occasionally
5. Remove from the oven and sprinkle the chives or green onion over the top and gently combine
6. Spoon the sweet potato tofu goodness unto your tortillas, then add tomatoes, avocado, and a squeeze of lime.

7. To form the burritos place the mixture just below the center of the tortilla, fold the bottom edge over the filling and pull down slightly to secure, then fold in the opposite sides, roll it up and viola.

Tip: Hearty breakfast burritos also make a delicious lunch. Try using regular potatoes or yams instead of sweet potatoes. The herbs can also be varied and fresh cilantro can replace the chives and scallion.

Servings: 4