

Tofu Burrito



Explore our flavorful recipe for a tofu burrito packed with black beans. Savor the fusion of textures and spices in this satisfying plant-based dish, perfect for a quick and nutritious meal.

Preparation 5 min

Cooking 7 min

Servings 4

Nutrition Facts (per serving)

Calories 390

Fat 14

Carbohydrates 47

Fibre 10

Protein 22

Sodium 620

Ingredients

- ½ block (225 g) extra firm tofu
- 15 mL (1 tbsp.) cumin
- 10 mL (2 tsp.) chili powder
- 5 mL (1 tsp.) garlic powder
- 5 mL (1 tsp.) smoked paprika
- 15 mL (1 tbsp.) ketchup

- 1 bell pepper (color of your choice), sliced into 1/4-inch (5 mm) strips
- 1 medium onion, chopped
- 4 large wheat tortillas (10 inches)
- 250 mL (1 cup) canned black beans, rinsed and drained
- 60 mL (¼ cup) salsa
- 125 mL (½ cup) plain Greek yogurt 0% M.F.

Preparation

1. In a medium bowl, crumble the tofu with your fingers. Add spices and ketchup and mix.
2. In a large non-stick skillet, heat oil over medium heat. Sauté onion, bell pepper and tofu mixture for 5 to 7 minutes or until vegetables are tender, stirring with a wooden spatula.
3. Fill the center of each tortilla with about ½ cup of the tofu mixture.
4. Top with salsa, Greek yogurt, black beans and your choice of toppings (corn kernels, lettuce, shredded cheese, jalapeños, diced tomatoes, coriander, lime juice, etc.).
5. Fold the base of the tortilla over the filling, then fold the sides toward the center and close the burrito by rolling and pressing lightly.
6. Cut in half and serve.

Notes



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