

Breakfast sopes

by Humane World for Animals Culinary Innovation Chefs

Serves 4

Ingredients

Sopes

- 3 1/2 cups masa harina
- 3 1/4 cups water
- 2 tablespoons canola oil
- 5 1/2 teaspoons salt
- 2 1/4 teaspoons baking powder

Tofu scramble

- 3 3/4 cups extra-firm tofu
- 3 tablespoons canola oil
- 2 1/2 teaspoons onion powder
- 2 1/2 teaspoons ground turmeric
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons black pepper

For service

- 3/4 cup guacamole, premade
- 3/4 cup tomatoes, medium-diced
- 1/2 cup canned jalapeño pepper rings, drained
- 1/4 cup fresh cilantro, chopped

Instructions

For sopes

1. In a mixing bowl, combine masa harina, water, canola oil, salt, and baking powder. Portion with #12 green scoop onto parchment lined sheet pan.
2. Shape raw dough on sheet pan using the back of measuring cup, create a 3 inch divot in dough. Preheat oven to 400°F. Bake for 15 minutes.

For tofu scramble

1. In a rondo pan, sauté crumbled tofu in oil, add onion powder, turmeric, cumin, black pepper, and garlic powder. Do not over mix.

Alternatively, combine ingredients on greased sheet pan for tofu scramble, bake in oven.

For service

1. Top sope shell with ½ cup of scramble and garnish with 1 tablespoon guacamole, 1 tablespoon tomato, 1/2 teaspoon cilantro and 1 jalapeño pepper ring.

Notes

Crediting: Each serving provides 1 oz eq meat/meat alternate, and 2 oz eq grains.

**The nutrition information is an estimate based on general ingredients. These amounts will vary based on the products you are using.*

Nutrition

Serving: 7.88oz | Calories: 259kcal | Carbohydrates: 33g | Protein: 10g | Fat: 11g | Saturated Fat: 1g | Sodium: 513mg | Fiber: 3g | Sugar: 2g