

Tofu sofritas burrito bowl

by Humane World for Animals Culinary Innovation Chefs

Serves 4

Ingredients

For tofu sofritas

- 2 cups extra-firm tofu
- 3 tbsp canola oil
- 3 tbsp light-sodium soy sauce
- 4 tsp apple cider vinegar
- 3 tbsp taco seasoning

For black bean and corn salad

- 1 cup canned, low-sodium black beans
- 2/3 cup frozen sweet corn, thawed
- 1/3 cup pico de gallo, premade

For cilantro-lime brown rice

- 2 tbsp lime juice
- 1/4 cup fresh cilantro, chopped
- 1/4 cup canola oil
- 1/4 tsp ground cumin
- 1/4 tsp kosher salt
- 1/4 tsp ground black pepper
- 4 cups long-grain brown rice, cooked

For service

- 1 1/4 cups romaine lettuce, shredded

Instructions

For tofu sofritas

1. Preheat oven to 350°F. Combine tofu, oil, soy sauce, vinegar and seasoning in a large mixing bowl and crumble tofu into pea size pieces. Mix well.

2. Spread tofu mixture in a single layer on parchment lined sheet pans. Bake for 15 minutes. Rotate pan and use spatula to move mixture around. Bake for another 15 minutes or until tofu is a dark golden brown. Remove from oven and hold hot for service.

For black bean and corn salad

1. In a large mixing bowl, combine beans, corn and pico de gallo. Store in a sealed container and hold in cooler until service.

For cilantro-lime brown rice

1. In a blender combine juice, cilantro, oil and spices and blend on high until fully processed and smooth. Pour over rice and mix well. Hold hot for service.

For service

1. Portion 6.8 ounces cilantro-lime brown rice into a bowl. Add 4.4 ounces of tofu sofritas mixture on rice, add 3.3 ounces of black bean and corn salad. Garnish with 1/2 ounce of lettuce.

Notes

2 oz meat alternative, 2 oz grain equivalent, 1/4 cup dark green vegetables, 2 tablespoons red/orange, 2 tablespoons (corn).

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

Nutrition

Serving: 17.37oz | Calories: 676kcal | Carbohydrates: 78g | Protein: 24g | Fat: 32g | Saturated Fat: 3g | Sodium: 980mg | Fiber: 11g | Sugar: 3g