



VEGAN BURRITO BOWLS

Makes 4 servings | Serving size: 1 bowl

PREP TIME

10 min

COOK TIME

15 min

TOTAL TIME

25 min

This delicious dinner can easily be thrown together on a busy night. Loaded with protein and fiber, it is a great meal that will keep you full and satisfied. The chipotle in this dish gives it a great Southern kick!



Ingredients

- 1 onion, diced
- 1 bell pepper, diced
- 2 tablespoons olive oil
- 3 tablespoons chipotle sauce (vegan)
- 2 15 ounce cans of black beans
- 2 cups fresh, frozen or canned corn
- 1 cup salsa
- 1 pack extra firm tofu, drained and patted dry
- 2 tablespoons taco seasoning (vegan)
- 1 tablespoon cumin
- 4 cups romaine lettuce
- 2 cups brown rice, cooked

Directions

1. In a large, cast iron pan, sauté the onion and pepper in the olive oil until the onions are translucent.
2. Add in the the chipotle sauce, black beans, corn, salsa, and tofu.
3. Use your spatula to break up the tofu and stir it until heated through.
4. Sprinkle in the taco seasoning and cumin. Stir thoroughly, so the seasoning is well mixed.
5. To assemble the salad, top 1 cup of lettuce with $\frac{1}{2}$ cup of brown rice and $\frac{1}{4}$ of the bean mixture.