

# Maine Arts Camp

**Recipe Name: Crispy Tofu & Black Bean Burritos**

**Chef: Charles Limoggio CEC**

**Preparation Time:**

**Servings: 8**

**Portion Size 1 each**

**Yield:**

Quantity	Unit	Ingredient Name	Prep Notes
1	Tablespoon	Olive oil	
1	Small	Yellow onion	Small dice
1	Medium	Red bell pepper	Small dice
2	Teaspoons	Minced garlic	
1	Package	Chipotle tofu baked	Nasoya brand
1	Can	Lo-sodium black beans	Drained and rinsed
1	Teaspoon	Chili powder	
½	Teaspoon	Cumin	
¼	Cup	Chopped cilantro	
¼	Cup	Vegetable broth or water	
8	Large	Whole wheat tortillas	10 inch size
2	Cups	Cooked quinoa	
1	Fresh	Avocado	Sliced
1	Cup	Shredded Mexican blend cheese	
		Salsa & Sour cream	For serving

**Procedure:**

1. Heat the oil in a large skillet over medium heat. Add the onion and pepper and cook until they start to soften, 4-5 minutes. Add the garlic and cook another minute until fragrant. Add the diced tofu, black beans, chili powder, cumin, cilantro, salt and pepper and cook and stir to combine well. Add the broth to the skillet and simmer 3-4 minutes. Remove skillet from heat
2. To make the burritos, spread ¼ cup quinoa on each tortilla, leaving a 1-inch border on each side. Top with some of the tofu and bean mixture, a few slices of avocado and 2 tablespoons shredded cheese. Fold the sides of the tortillas in and then roll them up (don't overstuff the burritos or else they will be difficult to roll).
3. Serve burritos with your favorite salsa and Greek yogurt or sour cream.

**Notes: Small dice is ¼ X ¼ inch. Roughly the size of the rivet in the handle of a knife**