



Makes 4 burritos
Cook Time: 1 hours

INGREDIENTS:

1 cup peeled and finely chopped sweet potato

1 cup chopped yellow onion

1 cup chopped red sweet pepper

2 tablespoons dried basil, crushed

2 teaspoons ground turmeric

3 cloves garlic, minced

1 teaspoon dried thyme, crushed

1 pound extra-firm tofu, crumbled

¼ cup nutritional yeast

Sea salt and freshly ground black pepper

Salsa

4 9- to 10- inch whole grain flour tortillas

Big Breakfast Burrito

Loaded with sweet potatoes, peppers, and onions, the tofu filling for this vegan breakfast burrito makes it extra-tasty and ultra-versatile. The filling is made by sautéing vegetables with a few choice seasonings, stirring in some crumbled tofu, then baking the mixture in the oven to dry it out and meld the flavors. It can be prepared ahead so it's ready to roll in tortillas on busy weekday mornings, or you can make a big batch of it for a weekend brunch. For more Mexican flavor, include some sliced tomato, onion, and avocado along with a few drops of hot sauce before rolling the burritos.

From [The Forks Over Knives Plan](#)

By Del Sroufe

- 1** Preheat the oven to 350°F. In a large skillet, cook the sweet potato, onion, and sweet pepper over medium heat for 10 minutes, stirring occasionally, and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking.
- 2** Add basil, turmeric, garlic, and thyme; cook and stir for 1 minute or until garlic is softened. Stir in the tofu and yeast, and season with salt and black pepper.
- 3** Spread the mixture into a nonstick 15×10-inch baking pan. Bake 35 minutes or until tofu is lightly browned, turning occasionally.
- 4** Spoon the tofu mixture and salsa onto each tortilla, just below the center. Fold the bottom edge of the tortilla over the filling. Fold in opposite sides; roll up tortilla.