

COPY CAT CHIPOTLE SOFRITAS

We don't tend to eat a lot of tofu—but my family loves these burritos, which taste exactly like the Sofritas at Chipotle Restaurant. If you're not a fan of tofu, substitute beans, lentils, tempeh, etc.

Get creative & add your favorite toppings—make burritos, bowls, salads, nachos, tacos—whatever your heart desires!

INGREDIENTS: *WHEN POSSIBLE, USE ORGANIC OR LOCAL GROWN PRODUCTS

- 2 C BROWN RICE
- 2 TBS CILANTRO
- ¼ CUP LIME JUICE
- PINK SALT TO TASTE

- 1 PACKAGE TOFU EXTRA FIRM
- 1/3 C RED ONION CHOPPED
- 1/3 CUP RED PEPPER CHOPPED
- 2 TSP GARLIC MINCED
- 3 CHIPOTLE PEPPERS IN ADOBO WITH 3 TBS ADOBO SAUCE
- 1 8OZ CAN TOMATO SAUCE
- MAPLE SYRUP GRADE B
- 1 TBS EVOO
- 1 TSP CUMIN
- PINK SALT TO TASTE

- 1 CAN BLACK BEANS; RINSED/DRAINED
- 1 CAN CORN; DRAINED
- 1 C ROMAINE CHOPPED
- 1 TOMATO (DICED) OR SALSA
- 1 AVOCADO DICED
- SOUR CREAM OR YOGURT
- WRAP OF CHOICE (GLUTEN FREE, SPROUTED, ETC.)

1. PREPARE RICE & SET ASIDE

COOK RICE ACCORDING TO PACKAGE DIRECTIONS & COOL. THEN ADD LIME JUICE, CILANTRO, & PINK SALT TO TASTE

2. COAT SKILLET WITH EVOO & SAUTÉ RED ONION, RED PEPPER, & GARLIC UNTIL SOFT.

3. PLACE SAUCE INGREDIENTS IN BLENDER & GIVE A WHIRL UNTIL SMOOTH

THE PEPPER/ONION MIX, CHIPOTLE PEPPERS/ADOBO SAUCE, TOMATO SAUCE, MAPLE SYRUP, EVOO, CUMIN, SALT TO TASTE.

4. PREPARE SOFRITA TOFU MIX

*PRESS/DRAIN TOFU IF NEEDED

*RECOAT SKILLET WITH EVOO

*CRUMBLE TOFU (I USE MY HANDS) & BROWN ON LOW/MEDIUM HEAT. ABOUT 15 MINS.

*AFTER TOFU IS BROWNEED, ADD SAUCE FROM BLENDER & SIMMER ON LOW/MEDIUM HEAT 7-10 MINUTES.

5. PREPARE TOPPINGS OF CHOICE,

*BLACK BEANS, CORN, ROMAINE, TOMATO OR SALSA, AVOCADO, SOUR CREAM, TOFU, OR GREEK YOGURT

6. ASSEMBLE YOUR GEM, & DIG IN! LAYER INGREDIENTS IN TORTILLA OF CHOICE OR CREATE A BOWL.

- RICE
- TOFU MIXTURE
- ROMAINE
- TOMATO DICED OR SALSA
- BLACK BEANS
- CORN
- AVOCADO
- SOUR CREAM

