

## Instructions for Marla's Burrito Bowls:

1. Bring all ingredients for rice to boil, reduce heat, cover and cook for 45-75 minutes or until liquid is absorbed. Remove bay leaf.
2. Soak TVP in water while sautéing onion, garlic, peppers and fresh corn for a few minutes. Add TVP and sauté 1-2 more minutes. Add drained beans, cooked lentils, tomato paste, water and seasonings. Mix well. Top with bay leaf and bring to a gentle boil.
3. Reduce heat and cover and cook for 30 minutes. Add a drizzle of honey and salt to taste. Remove bay leaf.
4. To make "**Cheesy**" **Tofu Sauce** place all ingredients in blender and blend until smooth. Serve warm if desired.
5. To make **Easy Salsa**, place all ingredients in blender except cilantro and blend until slightly chunky. Add cilantro and blend briefly again.

## Build-Your Bowl:

- Line bowl with tortilla chips.
- Spoon portion of **Pinto Bean and Lentil Chili** on bed of **Coconut Rice**.
- Top with shredded lettuce, fresh tomatoes, fresh avocado and olives.
- Spoon or drizzle on "**Cheesy**" **Tofu Sauce**. Top with fresh cilantro.
- Serve with extra chips and/or warmed tortillas and **Easy Salsa**.

## What is TVP?

<https://www.bobsredmill.com/tvp-textured-veg-protein.html>

Textured Vegetable Protein (**TVP**) is made from defatted soy flour that has been cooked under pressure and then dried. It's low in fat and calories, contains a wealth of complete soy protein and it's a good source of dietary fiber. Soy contains complete protein with all the amino acids essential to human nutrition. It is also a good source of iron, magnesium and phosphorus. Use it as a vegetarian meat substitute in virtually any recipe calling for ground beef or turkey. Great for tacos, meatloaf, chili, sloppy joes and more.