

Marla's Burrito Bowls

Coconut Rice:

- 1 c. uncooked brown rice
- 1 c. water
- 1 c. lite coconut milk (1/2 can)
- 1-2 garlic cloves, minced
- 1 t. each: onion powder, vegetarian chicken seasoning
- ½ t. each: salt and cumin
- 1 bay leaf

Pinto Bean and Lentil Chili:

- 1 c. fresh chopped onions
- ½ c. each: fresh cut red pepper and fresh corn off the cob
- 1-2 garlic cloves, minced
- ½ c. TVP (Winco bulk bin #1403) soaked in ½ c. hot water
- 1 can pinto beans, drained
- ½ c. cooked lentils
- 1 jar tomato paste + 1 jar water
- ½ t. each: cumin, oregano
- 1 bay leaf
- Drizzle of honey and salt to taste

"Cheesy" Tofu Sauce:

- 1 box Mori-Nu Silken Soft Tofu
- 1/3 c. water
- Juice of ½ lime (1 T.)
- ½ t. each: salt, onion powder
- ¼ t. each: cumin, garlic powder
- ¼ c. cooked carrots (for color and nutrition)
- 2 T. nutritional yeast

Easy Salsa:

- 1 can S & W Stewed Tomatoes, Mexican Style
- Juice of ½ lime or lemon
- ¼ t. each: onion powder, garlic powder, cumin
- Fresh Cilantro, small handful or more to taste
- Drizzle of honey