Immune Support Recipes

Created by Nourishing Transformations LLC
Immune Support Recipes
Nourishing Transformations LLC

Hello!

Welcome to your Immune Support Meal Plan, along with an itemized grocery list and delicious recipes.

While no single food or nutrient can prevent or cure viral infections, consistently meeting requirements of certain key nutrients will support your immune system and reduce the risk of health complications.

Please note that if you have specific food allergies or sensitivities it is important to adjust this plan to meet your needs.

This meal plan contains recipes high in nutrients known to support the immune system:

- Vitamin A - a powerful anti-oxidant with a critical role in enhancing immune function. This micronutrient is involved in cellular immune response and provides enhanced defense against multiple infectious diseases.\(^\text{(1)}\) Vitamin A is found in bright orange and yellow foods like sweet potato, mango, carrots, and bell peppers, and dark leafy greens like kale, spinach, and broccoli.

- Vitamin C - probably the most well-known anti-oxidant, and thousands of people take high-dose supplements with hopes of "boosting" their immune system. However, research shows that vitamin C from food at a dose of 100 mg to 200 mg per day is effective at preventing respiratory infections.\(^\text{(2)}\) My Immune Support Program provides an average of 500 mg per day of vitamin C from whole food sources like strawberries, cauliflower, red bell peppers, mango, and grapefruit.

- Vitamin E - plays an important role in immune function and supplementation has even been shown to reduce respiratory infection in the elderly.\(^\text{(3)}\) Most typical diets do not provide adequate vitamin E, but deficiency symptoms can be subtle so individuals may not know if they are deficient.\(^\text{(4)}\) Rather than relying on supplements, deficiency can be prevented through adequate dietary intake of foods like nuts, seeds, leafy greens, and plant-based oils as a way to keep the immune system functioning optimally. One of the reasons we see a significant decline in cellular immunity with aging could be due to inadequate intake of anti-oxidants like vitamin E. Diets high in vitamin E naturally improve cellular immunity, even without supplementation.\(^\text{(5)}\)

- Selenium - an essential mineral that acts as a powerful anti-oxidant. Adequate dietary selenium is required for the function of almost every arm of the immune system, so falling short can have serious consequences when it comes to fighting infections.\(^\text{(6)}\) Brazil nuts are extremely high in selenium, but can easily exceed the daily upper limit and cause toxicity if eaten frequently (always limit to 2/day max). Sardines are an excellent source of selenium that can be eaten more frequently and provide anti-inflammatory omega-3 fats which also have beneficial effects on the immune system. My Immune Support Program incorporates sardines as well as other foods high in selenium like eggs, beef, and oats.

- Zinc - Like selenium, zinc is an essential mineral critical for immune function. Even mild to moderate zinc deficiency can impair immune function and increase risk of respiratory infections, so adequate dietary zinc should be emphasized for anyone looking to protect their immune system.\(^\text{(7)}\) Zinc is found in whole grains, legumes, nuts, seeds, and meat so eating a diet high in whole foods is key to getting enough zinc.

Grocery List Tips
I have included a full grocery list that outlines the ingredients you will need to follow this meal plan but be sure to adjust for the number of servings you want to prepare. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips
The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Recipe Tips

Kristen Burkett
https://nourishingtransformations.com
Recipe Tips
Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers
You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

Enjoy and let me know if you have any questions!

Stay healthy,

Kristen Burkett, MS, MNT

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.
## Immune Support Recipes

### 7 days

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<th>Wed</th>
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<th>Fri</th>
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<td>Zucchini Breakfast Boats</td>
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<td>Rainbow Chopped</td>
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**Kristen Burkett**

[https://nourishingtransformations.com](https://nourishingtransformations.com)
### Immune Support Recipes

73 items

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<th>Fruits</th>
<th>Vegetables</th>
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<td>3 cups Oats</td>
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https://nourishingtransformations.com
Peanut Butter & Jam Overnight Oats

6 ingredients · 8 hours · 6 servings

Directions

1. Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.

2. Stir in the oats and chia seeds until combined. Cover and let sit for at least 3 hours or overnight.

3. To prepare the strawberries, add chopped strawberries to a bowl with remaining maple syrup. Stir to coat the strawberries in the syrup then cover and let rest in the fridge until oats are ready.

4. To serve, divide the peanut butter oats between two jars and top with equal amounts of the sweetened strawberries (and their juices) and remaining peanut butter. Enjoy!

Notes

Leftovers
Refrigerate in an airtight container in the fridge for up to four days.

No Peanut Butter
Use almond butter, cashew butter or sunflower seed butter instead.

Ingredients

1 cup All Natural Peanut Butter (divided)
1/2 cup Maple Syrup (divided)
3 3/4 cups Unsweetened Almond Milk
3 cups Oats (quick)
3 tbsp Chia Seeds
6 cups Strawberries (finely chopped)

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Strawberry Almond Protein Smoothie
6 ingredients · 5 minutes · 2 servings

Directions
1. Add all ingredients to a high speed blender and blend until smooth and creamy. Pour into a glass and enjoy!

Notes
Nut-Free
Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

No Almond Milk
Use coconut milk or cashew milk instead.

Smoothie Consistency
If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber
Add in some chopped leafy greens like spinach or kale.

Protein Powder
This recipe was developed and tested using a plant-based protein powder.

Ingredients
- 3 cups Strawberries (frozen)
- 2 Banana (small, frozen)
- 1/2 cup Vanilla Protein Powder
- 3 tbsps Almond Butter
- 2 tbsps Ground Flax Seed
- 2 1/2 cups Unsweetened Almond Milk
# Zucchini Breakfast Boats

8 ingredients · 30 minutes · 4 servings

## Directions

1. Preheat the oven to 375°F (191°C). Scoop out the middle flesh of the zucchini and place flesh side up, in an oven-safe dish. Bake for 15 minutes.

2. Meanwhile, heat a skillet over medium heat and add the bell pepper, onion and mushrooms. Cook for 5 to 7 minutes, until cooked through. Whisk the eggs in a small bowl and add to the vegetables along with the sea salt. Cook for 3 to 4 minutes, until cooked through.

3. Transfer the egg and vegetable mixture to the scooped out part of the zucchini and place in the oven to cook for 5 more minutes. Remove and top with parsley and nutritional yeast, if using. Serve and enjoy!

## Ingredients

- **4 Zucchini** (large, sliced in half lengthwise)
- **2 Red Bell Pepper** (chopped)
- **1 Yellow Onion** (chopped)
- **16 White Button Mushrooms** (chopped)
- **8 Egg**
- **1/2 tsp** Sea Salt
- **1/2 cup** Parsley (chopped)
- **1 1/3 tbsps** Nutritional Yeast (optional, for topping)

## Notes

**Leftovers**
Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

**Serving Size**
One serving size is equal to two zucchini boats.

**More Flavor**
Add additional seasonings and herbs.

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Toast with Peanut Butter
2 ingredients · 5 minutes · 2 servings

Directions

1. Toast the bread slices, then spread on the peanut butter. Enjoy!

Notes

Topping Ideas
Banana slices, jam, honey, cinnamon, chia seeds, hemp seeds apple slices or fresh berries.

Ingredients

4 slices Whole Grain Bread (or any type of bread)
1/4 cup All Natural Peanut Butter (or any nut butter)

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Sardine Salad with Peppers, Celery & Blueberries
5 ingredients · 10 minutes · 6 servings

Directions
1. Using a fork, mash together the sardines and red onion. Serve alongside the celery, bell pepper and blueberries. Enjoy!

Notes
No Sardines
Use canned tuna instead.

Leftovers
Refrigerate in an airtight container for up to three days.

Ingredients
1 1/8 lbs Sardines (packed in oil, drained)
3/4 cup Red Onion (minced)
12 stalks Celery (sliced into sticks)
3 Red Bell Pepper (stems and seeds removed, sliced)
3 cups Blueberries

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Mango

1 ingredient · 5 minutes · 4 servings

Directions

1. Peel and cut into chunks. Portion into bowls and enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to three days.

Serving Size
One serving is equal to one-half of a medium-sized mango.

Ingredients

2 Mango

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Hard Boiled Eggs

1 ingredient · 15 minutes · 4 servings

Directions

1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
2. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
3. Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers
Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel
Add salt to the water while boiling.

Ingredients

8 Egg
Hummus & Veggies Snack Box
4 ingredients · 5 minutes · 4 servings

Directions

1. Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Storage
Refrigerate in an airtight container up to 3 days.

No Hummus
Use guacamole or a ready-made dip instead.

Ingredients

- 2 Red Bell Pepper (sliced)
- 8 stalks Celery (cut into small stalks)
- 1 1/3 cups Blueberries
- 1 cup Hummus

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Creamy Roasted Garlic & Kale Soup with Cauliflower

8 ingredients · 1 hour 15 minutes · 4 servings

Directions

1. Preheat oven to 400ºF (204ºC) and line a baking sheet with parchment paper.

2. Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.

3. When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.

4. Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.

5. Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

Notes

Leftovers
Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

Serve it With
An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

Too Thick
If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.

Ingredients

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<thead>
<tr>
<th>Quantity</th>
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<tr>
<td>12</td>
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<td>1</td>
<td>Yellow Onion (large, roughly chopped)</td>
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<tr>
<td>1 head</td>
<td>Cauliflower (sliced into florets)</td>
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<td>Extra Virgin Olive Oil (divided)</td>
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<td>1 1/3 tbsp</td>
<td>Italian Seasoning</td>
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<td>1 tsp</td>
<td>Sea Salt</td>
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<tr>
<td>8 cups</td>
<td>Kale Leaves (packed)</td>
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<td>3 3/4 cups</td>
<td>Organic Vegetable Broth (divided)</td>
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Mango & Chickpea Quinoa Salad
9 ingredients · 15 minutes · 4 servings

**Directions**

1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork.

2. Once cooled, combine the quinoa with the remaining ingredients in a large bowl. Adjust salt as needed. Divide between bowls and enjoy!

**Notes**

**Leftovers**
Refrigerate in an airtight container for up to four days.

**Serving Size**
Each serving equals approximately 1 1/2 cups of salad.

**More Flavor**
Add chilli powder or red pepper flakes.

**Additional Toppings**
Add in cucumber, corn, red onion and/or green bell pepper.

**Ingredients**

- 1/3 cup Quinoa (uncooked)
- 2/3 cup Water
- 1/4 cup Cilantro (chopped)
- 1/2 cup Chickpeas (cooked)
- 6 ozs Tofu (extra firm, patted dry, cubed)
- 1/2 tsp Sea Salt
- 1 Lime (juiced)
- 1 Avocado (sliced)
- 1 Mango (sliced)

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Rainbow Chopped Salad Jars
9 ingredients · 30 minutes · 6 servings

Directions

1. Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.

2. On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.

3. When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

Notes

Storage
Keeps well in the fridge for up to 4 days.

No Tahini
Use a nut butter or sunflower seed butter instead.

Ingredients

2/3 cup Tahini
4 Lemon (juiced)
1 tsp Sea Salt
1/4 cup Water
6 cups Chickpeas (cooked, from the can)
2 cups Cherry Tomatoes
2 cups Matchstick Carrots
2 Yellow Bell Pepper (chopped)
6 cups Purple Cabbage (chopped)
Apple with Almond Butter

2 ingredients · 5 minutes · 2 servings

Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmmm.

Ingredients

2 Apple
1/4 cup Almond Butter

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Grapefruit
1 ingredient · 5 minutes · 2 servings

Directions
1. Cut grapefruit in half and place in a bowl. Use a sharp knife to cut around the circumference. Use a spoon to scoop out individual sections. Enjoy!

Notes
Cut the flavour
Sprinkle with a pinch of sea salt.

Ingredients
2 Grapefruit
Toasted Walnuts

1 ingredient · 15 minutes · 6 servings

Directions

1. Preheat oven to 350ºF (177ºC) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.

2. Remove from oven, let cool and enjoy!

Notes

Extra Flavour
Sprinkle with sea salt or spices of your choice.

Ingredients

1 3/4 cups Walnuts (shelled)
Sardine Spread with Cucumbers
4 ingredients · 5 minutes · 4 servings

Directions

1. In a bowl, mash together the sardines, mayonnaise and apple cider vinegar.
2. Serve alongside cucumber slices and enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to three days.

Serving Size
One serving equals approximately one cup.

More Flavor
Add black pepper or your choice of fresh or dried herbs.

No Cucumbers
Use bell pepper slices, carrot sticks, celery sticks or crackers instead.

Ingredients

12 ozs Sardines (in oil, drained)
1/3 cup Mayonnaise
2/3 cup Apple Cider Vinegar
2 Cucumber (sliced)
Chopped Bell Peppers
3 ingredients · 5 minutes · 4 servings

Directions
1. Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

Notes
Storage
Refrigerate in an airtight container up to 3 to 4 days.

Ingredients
1 Yellow Bell Pepper
1 Green Bell Pepper
1 Red Bell Pepper
### Directions

1. In a pan over medium heat, add the sausage and sliced pepper. Cook for 7 to 8 minutes. Remove the sausage, slice and return to the pan for 1 minute or until cooked through. Add the tomato sauce to the pan and stir to combine. Remove everything from the pan and set aside.

2. Wipe the pan free of any remaining sauce. Add the zucchini noodles and cook for 1 minute or just until softened.

3. Divide the zucchini noodles between plates and top with sauce, sausage and peppers. Sprinkle with basil, serve and enjoy!

### Ingredients

- **1 lb** Pork Sausage (Italian)
- **2** Yellow Bell Pepper (thinly sliced)
- **2 cups** Tomato Sauce
- **4** Zucchini (medium size, spiralized into noodles)
- **1/2 cup** Basil Leaves (chopped)

### Notes

**Leftovers**
For best results, refrigerate the zucchini noodles and sauce in separate airtight containers for up to three days.

**No Pork**
Use chicken, turkey, lamb or veggie sausages instead.

**Additional Toppings**
Top with nutritional yeast or chili flakes.

**Make it Vegan**
Use a vegan sausage or chickpeas instead.

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Kristen Burkett
https://nourishingtransformations.com
Deconstructed Stuffed Peppers
12 ingredients · 50 minutes · 6 servings

Directions

1. Cook the rice according to the package directions.
2. Meanwhile, heat a large pot over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the meat to a plate and drain any excess drippings from the pan.
3. Add the oil to the same pot and cook the peppers for about 8 minutes until just tender. Add the browned beef back to the pot and season with Italian Seasoning, paprika, salt and red pepper flakes.
4. Add the crushed tomatoes, diced tomatoes, water and half of the green onions. Bring to a gentle boil then let simmer for 25 to 30 minutes or until the peppers are very tender. Season with additional salt if needed.
5. To serve, divide the beef mixture and rice between bowls. Stir together and then top with the remaining green onions. Enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to three days.

Serving Size
One serving is approximately 1 1/3 cups of the beef mixture and 2/3 cups of the rice.

More Flavor
Use garlic-infused olive oil instead. Make it spicier with more red pepper flakes or cayenne pepper. Make it smokier with smoked paprika or chipotle chili powder.

No Red Bell Pepper
Use any colour of bell pepper instead.

No Beef
Use ground pork or sausage meat instead.

No Brown Rice
Use white rice, quinoa or cauliflower rice instead.

Ingredients

- 1 cup Brown Rice
- 1 1/2 lbs Extra Lean Ground Beef
- 1 tbsp Extra Virgin Olive Oil
- 3 Red Bell Pepper (chopped)
- 1 tbsp Italian Seasoning
- 2 tsp Paprika
- 1 tsp Sea Salt
- 1/2 tsp Red Pepper Flakes
- 3 1/2 cups Crushed Tomatoes (from the can)
- 1 cup Diced Tomatoes (from the can)
- 1 1/2 cups Water
- 6 stalks Green Onion (chopped, divided)

Kristen Burkett
https://nourishingtransformations.com
Garlicky Beef & Greens
7 ingredients · 20 minutes · 4 servings

Directions

1. In a small mixing bowl combine the coconut aminos, garlic, ginger and green onion. Set aside.

2. Heat a large skillet over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the cooked beef to a bowl and set aside. Drain any excess drippings from the pan.

3. To the same pan add the kale leaves and cook until wilted and tender. Add the cooked beef back to the pan with the kale and season with the salt.

4. Add the coconut aminos sauce and stir to combine. Let the sauce bubble and thicken for 1 to 2 minutes. Remove the pan from heat and divide between plates. Enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to three days.

Serving Size
One serving is approximately 1 cup.

More Flavor
Add sesame oil, lime juice, red pepper flakes or a drizzle of honey.

Additional Toppings
Top with sesame seeds or chopped cilantro. Serve over top of cooked rice, quinoa or cauliflower rice.

No Beef
Use ground chicken, turkey or pork instead.

No Coconut Aminos
Use tamari or other soy-based sauce instead.

Ingredients

1/4 cup Coconut Aminos
4 Garlic (clove, minced)
1 tbsp Ginger (fresh, grated or minced)
1 stalk Green Onion (chopped)
1 lb Extra Lean Ground Beef
4 cups Kale Leaves (finely chopped)
1/4 tsp Sea Salt

Kristen Burkett
https://nourishingtransformations.com
Roasted Sweet Potato Rounds
2 ingredients · 35 minutes · 4 servings

Directions

1. Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Slice the sweet potatoes into 1/2 inch rounds and place them on the baking sheet.
3. Brush the slices with melted coconut oil, then flip them over and repeat.
4. Place in the oven and bake for 30 to 35 minutes, flipping them at the halfway point. The rounds should be starting to brown on each side.
5. Remove from oven. Season them with your favourite spices (we like sea salt and cinnamon) and enjoy!

Notes

Serve Them As
A side dish, with guacamole, or with our Vegan Ranch Dressing for dipping. You can also use them as a burger bun replacement!

Ingredients

2 Sweet Potato (medium, washed and scrubbed)
1 1/2 tsps Coconut Oil

Kristen Burkett
https://nourishingtransformations.com
Burrito Bowl with Quinoa Tofu Taco Filling
15 ingredients · 35 minutes · 4 servings

Directions

1. Cook quinoa according to package directions.

2. Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.

3. Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.

4. Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.

5. To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.

6. To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.

Additional Toppings
Add cilantro, sliced jalapenos, cheese, sour cream, diced tomatoes or lime wedges.

Ingredients

<table>
<thead>
<tr>
<th>1/2 cup Quinoa (uncooked)</th>
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</thead>
<tbody>
<tr>
<td>8 ozs Tofu (extra firm, crumbled)</td>
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<tr>
<td>2 tbsp Extra Virgin Olive Oil</td>
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<tr>
<td>2 1/2 tsp Chili Powder</td>
</tr>
<tr>
<td>1 1/2 tsp Cumin</td>
</tr>
<tr>
<td>1 tsp Oregano</td>
</tr>
<tr>
<td>1 tsp Garlic Powder</td>
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<tr>
<td>1/2 tsp Sea Salt</td>
</tr>
<tr>
<td>1 cup Organic Salsa (divided)</td>
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<tr>
<td>1 tbsp Lime Juice</td>
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<tr>
<td>1 tsp Nutritional Yeast</td>
</tr>
<tr>
<td>2 Red Bell Pepper (sliced)</td>
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<tr>
<td>1/2 head Romaine Hearts (chopped)</td>
</tr>
<tr>
<td>1 cup Black Beans (cooked)</td>
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<tr>
<td>2 Avocado (diced)</td>
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</tbody>
</table>

Kristen Burkett
https://nourishingtransformations.com