Loma Linda University Allied Health Nutrition & Dietetics

Chipotle-Inspired Vegan Burrito Bowl

Portions: 120

Ingredients:

For the cilantro brown rice:

60 cups Long grain brown rice, rinsed

150 cups (35.5 L) Water 30 Tbsp (1.8 cup) Olive oil 1 1/4 Tbsp Salt

30 Tbsp (1.8 cup) Lime juice 3 3/4 cups Minced cilantro

For the salsa:

75 Tomatoes, diced 15 cups Red onions, diced

30 Jalapeño peppers, minced

1 Tbsp Lime juice

For the bowls:

90 Tbsp (5.6 cups) Olive oil, divided

400 oz Corn

6 Tbsp Chili powder 6 Tbsp Chipotle powder

420 oz Tofu, drained and cut into cubes

457.5 oz Black beans, rinsed 30 Avocados, sliced 4 Tbsp Smoked paprika

Method:

- 1. For the cilantro brown rice: Bring water and rice and olive oil to a boil in a saucepan. Reduce heat to simmer, cover, and cook for 45 minutes. Remove from heat and let sit, covered, for 5 minutes. Stir in cilantro and lime juice.
- 2. For the salsa: Combine tomatoes, red onion, jalapeño pepper, lime juice, and salt in a medium bowl. Stir to combine and let sit for 5 minutes.
- 3. For the bowls: Heat 1/3 of the olive oil over medium-high heat. Add corn, 1/2 of the chipotle powder and 1/2 of the chili powder. Sautee for 5-8 minutes, or until begins to brown. Remove corn from pan.
- 4. Add the rest of the olive oil to the pan over medium-high heat and add tofu and sprinkle with remaining chili and chipotle powder. Cook for 5 minutes, flipping over half way through, or until browned and crispy.

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5.	Build your bowl starting with the chipotle rice, adding beans, tofu, corn, salsa, and avocado. Top with sriracha as desired.

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