

VEGETARIAN BURRITO BOWL

Preparation: **35** minutes | Cooking: **10** minutes | Servings: **4**

INGREDIENTS

<i>2 garlic cloves</i>	<i>3 tablespoons olive oil</i>
<i>1 medium poblano chile</i>	<i>2 teaspoons soy sauce</i>
<i>1 small onion, diced</i>	<i>2 teaspoons tomato paste</i>
<i>1 package tofu, drained</i>	<i>1 teaspoon chili powder</i>
<i>1 head of lettuce, shredded</i>	<i>1 teaspoon red wine vinegar</i>
<i>1 can chipotle peppers in adobo sauce</i>	<i>1/2 teaspoon ground cumin</i>
<i>1 can black beans</i>	
<i>2 cups brown rice</i>	



INSTRUCTIONS

Preheat oven to broil. Place 1/2 onion and poblano on a baking sheet and rub with 1 tablespoon olive oil. Broil and turn for 6-8 minutes or until poblano collapses on itself and vegetables are charred. Let poblano cool, and remove skin, stems and seeds. Add poblano, charred onion and 1 chipotle pepper with 2 tablespoons adobo sauce, garlic, soy sauce, tomato paste, chili powder, vinegar, cumin, 1/2 cup water, 3/4 teaspoon salt and pepper to a blender and blend until smooth. Cut tofu crosswise into 1/4-inch thick planks before pressing into paper towel to dry. Heat 1 tablespoon olive oil in large pan over medium-high heat before adding tofu, and cooking for 5 minutes or until browned. Remove tofu and heat 1 tablespoon olive oil in large skillet. Add remaining onion to cook for 6 minutes before hand-tearing tofu and adding to pan. Cook and stir for 2 minutes or until warmed through. Add poblano mixture and 1/2 cup water to pan. Cook for about 5 minutes or until bubbling and tofu has absorbed some sauce. Prepare rice and beans. Serve pan mixture over rice and beans.