

CPS CHEF COUNCIL

Chef Eddie Garza



Eddie is a sought-after speaker, culinary coach, and thought leader on issues related to Latinx health. He has lectured and presented at top universities, culinary schools, and major conferences in the US and Latin America, including SXSW in Austin, Expo en Verde Ser in Mexico City, and the Nexus Summit in Washington, D.C. Eddie and his work to reform food systems in Latinx communities have been featured by a wide variety of media outlets in the United States and abroad, including CNN, ¡HOLA! TV, The Washington Post, People en Español, Telemundo, Univision, MiTú Network, Travel + Leisure Mexico, Sin Embargo (Mexico)



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Impossible Breakfast Burritos

Chef Eddie Garza

INGREDIENTS

2 tablespoons vegetable oil, divided
½ teaspoon turmeric
1 (16-ounce) package firm tofu
½ teaspoon garlic powder
½ teaspoon onion powder
¼ teaspoon cumin powder
½ teaspoon salt
Pinch of black pepper
½ small white or yellow onion, diced
½ medium red or green bell pepper, diced
1 cup white or cremini mushrooms, sliced
1 (14-ounce) tube Impossible Savory Sausage
4 large flour tortillas, warmed until pliable

INSTRUCTIONS

In a medium skillet, heat 1 tablespoon of oil and toast turmeric for 30 to 45 seconds or until aromatic. Add tofu and mash with a potato masher.

Add garlic powder, onion powder, cumin powder, salt, and pepper and fold together. Cook for 5 to 7 minutes, stirring occasionally.

In a large skillet, heat the remaining tablespoon of oil and sauté onion, bell pepper, and mushrooms for 3 to 4 minutes, stirring occasionally. Add Impossible Savory Sausage and break apart with spatula. Cook for 4 to 5 minutes, stirring occasionally, until sausage is nicely browned.

Combine tofu with sausage mix.

Fill the center of each tortilla with scramble and roll up.

Serve hot with your favorite salsa.