

Bears in the Kitchen Virtual Cook-Along  
Wednesday, Feb 23, 5-6pm

Registration link [here](#) and on the calendar at [uhs.berkeley.edu/nutritioneducation](https://uhs.berkeley.edu/nutritioneducation)

## Make-Ahead Burritos

Burritos are versatile, portable, and satisfying. And depending on what you put in them, they're freezer friendly—a perfect make-ahead meal!

In this class we will be making five fillings (Cilantro Lime Rice, Simple Taco Tofu, Simple Pinto Beans, Mexican Style Scrambled Eggs, and Chipotle Sauce) for two types of burritos, but feel free to pare down to what feels right for you. You can add extras like shredded lettuce, [salsa](#), and [guacamole](#) or sliced avocado if you're not planning to freeze your burritos.

Ingredients You'll Need	Equipment You'll Need
<ul style="list-style-type: none"><li>● Package of 12-18 large (burrito-sized) flour tortillas</li><li>● 2 cups uncooked white basmati rice</li><li>● 1 15 ounce block extra-firm tofu</li><li>● 1 can of whole pinto beans</li><li>● 1 can refried pinto beans</li><li>● 6 eggs</li><li>● Container of prepared salsa (at least 1 cup)</li><li>● 1 cup sour cream</li><li>● Small block of queso fresco, crumbled (or other cheese like shredded cheddar or jack)</li><li>● 1 small can chipotle pepper in adobo sauce</li><li>● One large or 2 small white onion</li><li>● 2 fresh plum tomatoes diced (about 1 cup)</li><li>● ½ - 1 Serrano or jalapeno pepper, finely diced</li><li>● 2 limes</li><li>● 4 garlic cloves</li><li>● Small bunch cilantro</li><li>● ⅓ cup oil (olive, canola, or vegetable)</li><li>● Packet of taco seasoning</li><li>● 1 tablespoon ground coriander</li><li>● ½ teaspoon cumin*</li><li>● ½ teaspoon chili powder*</li><li>● water</li><li>● Salt</li><li>● 3 scallions/green onions (optional)</li><li>● 1 tablespoon soy sauce (optional)</li></ul> <p>*Cumin and chili powder can be replaced with taco seasoning if desired.</p>	<ul style="list-style-type: none"><li><input type="checkbox"/> Paper towels (at least 8 sheets)</li><li><input type="checkbox"/> Tinfoil (at least 8 sheets)</li><li><input type="checkbox"/> Knife and cutting board for chopping</li><li><input type="checkbox"/> Medium pan with fitted lid (for rice)</li><li><input type="checkbox"/> Large saute pan (for tofu)</li><li><input type="checkbox"/> Medium saute pan (for eggs)</li><li><input type="checkbox"/> Small or medium sauce pan (for beans) OR microwave safe bowl</li><li><input type="checkbox"/> Small bowl (for sauce)</li><li><input type="checkbox"/> Measuring spoons and cups</li><li><input type="checkbox"/> Wooden spoon or spatula for stirring (x2)</li><li><input type="checkbox"/> Zester or grater</li><li><input type="checkbox"/> Fork or small whisk</li><li><input type="checkbox"/> Small spoon</li><li><input type="checkbox"/> (optional) Citrus squeezer</li></ul>

## Cilantro Lime Rice

Adapted from <https://www.feastingathome.com/cilantro-lime-rice/>

Makes 4 cups

Ingredients	Directions
<ul style="list-style-type: none"><li>● 3 tablespoons <u>olive oil</u></li><li>● one small white onion, diced (1 1/2 cups)</li><li>● 4 garlic cloves, rough chopped</li><li>● 2 cups white basmati rice</li><li>● 4 cups water</li><li>● 1 1/2 teaspoons salt</li><li>● 1 tablespoon ground coriander</li><li>● 1 lime– zest and juice</li><li>● 1/2 cup cilantro, chopped, leaves and tender stems</li><li>● 3 scallions (aka green onions) sliced (optional)</li></ul>	<ol style="list-style-type: none"><li>1. Over medium heat, using a lidded saute pan or wide pot, saute onion and garlic in oil until fragrant and tender, 4-5 minutes. Add rice, saute 1-2 more minute, coating each grain, then add coriander, lime zest, and 1 1/2 teaspoons salt.</li><li>2. Give a stir and add the water. Bring to a rapid boil. Cover, lower heat to low (gently simmering). Cook 20-22 minutes or until all the water evaporates.</li><li>3. Fluff with fork, squeeze in lime juice (3-5 tablespoons), add the chopped cilantro and optional scallions.</li><li>4. Fluff again, taste and adjust <u>salt</u> and lime to taste.</li></ol>

## Simple Taco Tofu

Adapted from <https://uhs.berkeley.edu/sites/default/files/now-tofutacocrumbles.pdf>

Makes 2-3 cups crumbles

Ingredients	Directions
<ul style="list-style-type: none"><li>● 1 tablespoon canola or vegetable oil</li><li>● 1 drizzle of soy sauce OR pinch of salt</li><li>● 1-2 tablespoon taco seasoning (adjust to taste)</li><li>● 1 15 ounce block extra-firm tofu, drained (no need to press it)</li><li>● 3/4 - 1 1/4 cups salsa</li></ul>	<ol style="list-style-type: none"><li>1. Heat oil in saute pan over medium-high heat. Add tofu, crumbling with your hands or back of wooden spoon.</li><li>2. Add the taco seasoning and optional soy sauce or salt and stir to coat the tofu.</li><li>3. Add salsa, adjust heat to allow the mixture to simmer for 10-15 minutes, stirring occasionally, until the liquid is absorbed.</li></ol>

## Easy Pinto Beans

Makes 4 cups

Ingredients	Directions
<ul style="list-style-type: none"><li>● 1 can of whole pinto beans</li><li>● 1 can refried pinto beans</li><li>● ½ teaspoon cumin*</li><li>● ½ teaspoon chili powder*</li><li>● Pinch of salt</li></ul> <p>*You can replace the cumin, chili powder, and salt with 1 Tbsp taco seasoning if you'd like</p>	<ol style="list-style-type: none"><li>1. Stir all ingredients together in a small saucepan over medium-low heat. Cook until heated through.</li><li>2. Alternatively, mix ingredients together in a microwave safe bowl, cover with a paper towel, and heat for 2-3 minutes, stirring occasionally, until hot.</li></ol>

## Mexican Style Scrambled Eggs

Adapted from <https://www.mexicoinkitchen.com/mexican-style-scrambled-eggs/>

Makes 4 cups

Ingredients	Directions
<ul style="list-style-type: none"><li>● 1 tablespoon of vegetable oil</li><li>● ⅓ cup chopped white onion</li><li>● ½ - 1 Serrano or jalapeno pepper finely diced</li><li>● 2 plum tomatoes diced (about 1 cup)</li><li>● 6 eggs</li><li>● Salt to taste</li></ul>	<ol style="list-style-type: none"><li>1. Heat oil in medium-size frying pan over a medium-high heat. Preferably use a non-stick frying pan.</li><li>2. Add chopped onion and cook for about a minute, then add the Serrano pepper and stir. Cook for 2 minutes and then add the tomato, stir and cook for another 2 minutes. We do not want to overcook the vegetables.</li><li>3. Crack the eggs over the vegetables and lightly stir to scramble in the pan, season with salt, and let them cook for about 2 minutes and then gently fold the vegetables into the eggs. Do not cook the eggs or mix them too much, that is the beauty of this dish. The eggs have to have large curdles.</li><li>4. Cook for 2 more minutes until eggs are set and remove promptly.</li></ol>

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## Chipotle Sauce

Adapted from <https://www.feastingathome.com/chipotle-mayo/>

Makes 1 cup sauce

Ingredients	Directions
<ul style="list-style-type: none"><li>● 1 cup sour cream</li><li>● 2-3 teaspoons adobo sauce (or more, to taste)</li><li>● A squeeze (~2 teaspoons) of lime juice</li><li>● 2 tablespoons water</li><li>● ¼ teaspoon salt</li></ul>	<ol style="list-style-type: none"><li>1. Place all ingredients in a bowl and mix well with a fork or whisk until smooth.</li><li>2. Store in a small jar in fridge, or in a squirt bottle for easy use. Keeps up to 2 weeks.</li></ol>