

# McDougall Made Irresistible Recipes

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[www.drmcDougall.com](http://www.drmcDougall.com).

## No-Huevos Rancheros

The idea for this recipe came from the Mexican breakfast of scrambled eggs over tortillas and beans, topped with salsa. The scrambled tofu topping could also be rolled up in a burrito shell with salsa, or just eaten plain. This is fairly quick to put together if you have leftover pinto beans in your refrigerator, as I usually do.

Preparation Time: 10 minutes

Cooking time: 8 minutes

Servings: 4-6

1 cup salsa

2 cups mashed pinto beans (recipe in June 2003 newsletter)

8-10 soft corn tortillas

### Tofu Scramble:

1 pound firm, water-packed tofu (not silken)

¼ cup vegetable broth

½ cup chopped green onions

1 tablespoon chopped green chilies (optional)

1 teaspoon soy sauce

¼ teaspoon turmeric

freshly ground pepper

dash sea salt (optional)

Drain tofu well, mash finely with a bean masher and set aside. Heat the mashed pinto beans in a saucepan. Place the vegetable broth in a large non-stick frying pan, add the green onions and cook, stirring frequently for 3 minutes until softened. Add tofu and the remaining ingredients. Mix well and continue to cook, stirring frequently for 5 more minutes. Set aside.

### To assemble:

Heat the tortillas briefly on a dry non-stick griddle to warm and soften them. Take one tortilla and place on a plate. Spread beans on one side, cover with a second tortilla and spread beans over the top of that tortilla also. Spoon some of the tofu scramble over the tortillas and beans, then top with several spoonfuls of salsa. Repeat process for each serving.

Hints: A can of fat-free refried beans could be used in place of the home-cooked mashed beans, if desired. Or try this with mashed black beans instead of the pinto beans. Other toppings could also be added such as shredded soy or rice cheese, and/or tofu sour cream. Sprinkle with some fresh chopped cilantro, if desired. The corn tortillas that we like best for this recipe are from Mi Abuelita's Tortillas of Sacramento. Their telephone number is 877 LETS-WRAP.