

Easy Vegetarian Bean Burritos

These burritos are filling, rich in protein and best of all, delicious. And, to make a good thing even better – they are easy to made ahead of time and pop in the freezer for a quick and easy meal down the road. Serves 6 (or serves one for 6 meals!).

Ingredients

- 6 wholemeal flour tortilla wraps
- 1 tbsp oil
- 3 cloves garlic minced
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 sweet white onion, chopped
- 1 tsp chili powder
- ½ tsp cumin
- 2 x 400g tins black beans drained and rinsed (can substitute refried black or pinto beans)
- A few lettuce leaves
- 1 large tomato diced
- 2 spring onions chopped
- Optional Monterey jack cheese, vegan cheese, sour cream or yogurt, salsa, hot sauce

Directions

1. If serving immediately, preheat the oven to 200C. Wrap the tortillas in some tin foil and let them heat up for about 15 minutes.
2. In a frying pan, add the garlic, peppers, onions and the oil. Cook on a medium heat for a minute, then add the chili powder, cumin and beans. Add some water (about 60ml / 1/4 cup) and cook for a few minutes, until the beans are softened and moist. Partially mash them with a fork or masher so you have a chunky bean paste.
3. Remove the tortillas from the oven and place one on a plate. Spread about 3 tbsp of the bean/veg mixture down the middle and 2 tbsp grated cheese (if using)
4. If you are freezing your burritos, wrap the tortillas and then wrap the tightly in aluminum foil. Put them directly into the freezer so that they cool ASAP.
5. If you are eating your delicious burrito immediately, top them with some lettuce, spring onions, tomatoes, salsa, and sour cream (if using) and wrap.
6. Serve right away

**To reheat frozen burritos, simply heat the oven to 350 F, and pop the burrito in the oven, in the same aluminum foil that you froze them in!

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