



# Bean and Cheese Burritos

This recipe is a quick and easy meal to prepare in a hurry. The whole process takes approximately 20 minutes and fresh garden veggies can be used to dress the burritos!

## Ingredients

- **1 tbsp.** cooking oil (olive, vegetable, whatever you have)
- **1-2 cups** of chopped vegetables (onions, peppers, etc.)
- **1** Chipotle Pepper (if you are a fan of spice feel free to add more)
  - We recommend you remove the seeds! If uncomfortable using a chipotle pepper, see below for Tex Mex Seasoning recipe!
- **1** can black beans (can use a mixture of beans, or white beans, which ever variety is accessible to you)
  - If using dried beans, need to soak ahead of time using one of the following methods:
    - Quick soak =  $\frac{3}{4}$  : 1 water to beans, simmer for 2 mins, remove from heat, let stand for 1-2 hours covered. Drain. Boil until tender.
    - Microwave = cover beans in water, cook high 8-10 mins until boiling ,boil for 2 mins, let stand 1hr. Drain.
    - Overnight soak = 3:1 water to beans, leave in water over night, boil until tender
    - Cook in slow cooker on low for 6-8 hours using 3:1 ratio water:beans.
- **1 cup** shredder cheese (we used marble, can use cheddar)
- **4** large flour tortillas
- *Optional Toppings: Fresh Summer Salsa (<http://lcrc.on.ca/recipes/fresh-summer-salsa>), Guacamole (<http://lcrc.on.ca/recipes/guacamole>), Cooked Leftover Rice, Sour Cream*

# Directions

1. Heat oil in a skillet over medium heat for 1 -2 minutes
2. Add chopped vegetables and stir. Cook until tender, approximately 6-8 minutes. Cook the onions and vegetables slightly longer if young children do not like the strong tastes.
3. While vegetables cook, remove the seeds from the chipotle and cut into fine pieces. May resembled more of a paste-like appearance.
4. After vegetables become tender, add the black beans and the chipotle and stir. Cook an additional 3-5 minutes until the beans are heated through. Remove from heat.
5. Using a potato masher or fork, mash the beans and vegetable mixture as best as possible. This step makes the mixture easier to work with in the burritos.
6. If adding leftover rice, add to the mixture at this point and stir together.
7. Place a large spoonful of the bean mixture down the centre of a tortilla shell, do not place filling too close to the sides. Top with any of the additional topping you will be using. Place the tortilla so that the mixture is perpendicular to you. Fold over the tortilla towards the filling; tuck in the sides of the tortilla towards the filling. Continue rolling until the burrito is fully wrapped. Enjoy!