



# Bean Burritos

Makes 10 burritos

Preparation time: 15 minutes

Cooking time: 10 minutes

Preheat oven to 350°F (180°C)

**Common allergens: dairy, wheat**

### Equipment List

- Can opener
- Strainer
- Cutting board
- Measuring spoons
- Mixing bowl
- Sharp knife
- Cheese grater

### Nutrition Information

Calories	333.8
Total Fat	16.6 g
Saturated Fat	9.6 g
Sodium	712.6 mg
Carbohydrate	29.4 g
Fibre	5.4 g
Protein	17.1 g
Sugar	1.2 g

### What You Need

INGREDIENTS	AMOUNTS	METRIC
Flour tortilla	10	
Kidney, black, 3pinto or garbanzo beans (or a mixture)	1 can (19 oz)	540 mL
Salsa (see the Blender Recipes section for an easy salsa recipe)	1 cup	250 mL
Cumin (can be omitted or replaced with low salt (sodium) taco seasoning)	1 tsp.	5 mL
Chilli powder (optional)	½ tsp.	2 mL
Green onions, chopped (this can be omitted or replaced with ½ purple onion chopped into small pieces)	1 tbsp./burrito	15 mL/burrito
Cheddar cheese	15 oz.	450 g
Plain yogurt (optional)		

### Instructions

1. Drain beans and rinse very well with lots of running water.
2. Put beans in bowl and mash together.
3. Add half the salsa (½ cup), chilli powder and cumin. Mix well.
4. Chop green onions and grate cheese.
5. Place bean mixture on edge of tortilla and sprinkle cheese and green onion on top.
6. Roll up filled tortilla and place seam side down on baking sheet.
7. Bake at 350°F for 10 minutes.
8. Top with remaining salsa & yogurt, if desired.

Recipe taken from Kids in the Kitchen