Bean Burritos

Serves approximately 10 children (1/2 burrito each).

Ingredients

- 1 – 540ml can kidney beans, drained and rinsed
- 125 ml (½ cup) salsa
- 10 ml (2 tsp) chili powder
- 5 ml (1 tsp) cumin (optional)
- 2.5 ml (½ tsp) black pepper
- 1 bell pepper, diced
- 125 ml (½ cup) frozen corn
- 2 green onions, chopped
- 500 ml (2 cup) shredded cheddar cheese
- 5 large whole wheat flour tortillas

Instructions

1. Preheat oven to 250°C (375°F).
2. In a large mixing bowl, mash beans and mix with salsa.
3. Mix in spices, green peppers, corn and green onion.
4. Drop 1/5th of the bean mixture onto the centre of each tortilla.
5. Top with shredded cheese.
6. Roll tightly into a burrito.
7. Place on baking sheet and bake in oven for 15 minutes (or until heated through).
8. Enjoy with salsa, sour cream (or plain Greek yogurt) and guacamole.

TIPS:

- Try adding other flavors and ingredients to the filling like: garlic, cilantro, edamame, avocado or substitute the kidney beans for a can of black beans or mixed beans.
- Rather than rolling into a burrito you could also place filling on one half of tortilla, fold over (like a quesadilla) and bake as per instructions above.