

60 Days to Reclaim YOUR Health



BEAN BURRITOS

From *Everyday Wholesome Eating* by Kim Wilson

Ingredients

1 Tbsp olive or grapeseed oil	1 onion, chopped
1/2 red pepper, diced	1 can black beans (or 2 cups cooked)
1 cup cooked brown rice or quinoa	2 tsp chili
1/2 tsp ground cumin	1/2 tsp unrefined sea salt
3 cloves garlic, crushed	

Directions

1. Sauté onion, garlic and pepper in oil.
2. Add beans, rice and spices.
3. Simmer together as you prepare rest of toppings.

Topping choices

Shredded lettuce	Chopped tomatoes
Salsa	Cut onion or scallion
Spinach leaves	Corn or whole wheat tortillas

Guacamole

Mash 1 avocado with 2 tsp lemon juice and 2 Tbsp salsa.

Opt: 1 Tbsp flax oil

Layer center of tortilla with bean mixture, lettuce, tomato, salsa, etc. Roll and enjoy!

The kids will love this one! Includes lots of veggies, healthy plant protein in the brown rice or quinoa and beans, plus a spicy zip!