



FAST. EASY. FRESH.

BLACK BEAN AND VEGGIE BURRITOS WITH AVOCADO AND SIDE SALAD

1. Start by preparing your ingredients. Peel and dice the **red onion**, de-seed and dice the **sweet bell pepper**, halve the **grape tomatoes**, and de-seed and mince the **jalapeno**. Drain and rinse the **black beans**. Scoop out the innards of the **avocado** and dice.

2. Next, heat 1 Tbsp. **olive oil** in a large pan over medium heat. Add the **red onion** and cook for 3-4 minutes, or until it begins to soften. Add the **cumin** and **chili powder** and cook for 1 minute longer.

3. Add the **pepper**, **corn**, **black beans**, and **2/3** of the **grape tomatoes** and cook, stirring occasionally, for 2-3 minutes. Add the **chipotle sauce** and cook for 2 minutes longer. Season with **salt** and **pepper** to taste.

4. Place your **mixed greens** and remaining **grape tomatoes** in a large bowl and toss with the **vinaigrette** to coat evenly.

5. To make the burritos, lay your **tortillas** out on a flat surface and then spoon on some of the black bean veggie mixture. Top with **sour cream** and **avocado** and then fold over the ends and roll up into a burrito shape. Serve alongside the mixed greens. Enjoy!



Ingredients (2 Person Serving – 785 Calories Per Serving)

Flour Tortillas	2 Large	Grape Tomatoes	15
Red Onion	1 Small	Jalapeno	1
Olive Oil	1 Tbsp.	Chipotle Sauce	3 Tbsp.
Ground Cumin	½ tsp.	Avocado	1
Chili Powder	½ tsp.	Sour Cream	½ Cup
Sweet Bell Pepper	1	Mixed Greens	60 g
Frozen Corn	½ Cup	Vinaigrette	1 Tbsp.
Black Beans	1 398 ml Can	Salt and Pepper	To Taste

30 Minute Cook Time!