

SPICY BEAN BURRITOS

PREP TIME
15 MINS

TOTAL TIME
30 MINS

YIELD
6 SERVINGS

INGREDIENTS

FOR BEAN FILLING:

- 2 tsps canola or vegetable oil
- 2 cloved garlic, minced or pressed
- 1 tsp chili powder
- 1 tsp minced chipotle in adobo sauce
- 1 tsp ground cumin
- 1/4 tsp kosher salt
- Dash cayenne pepper
- 1/3 cup water, vegetable broth, or chicken broth
- 1 (15 oz) can black beans, drained and rinsed
- 1 (15 oz) can pinto beans, drained and rinsed
- 6 tbsps fresh salsa

FOR SERVING:

- 6 flour tortillas, warmed
- Shredded cheese
- Diced tomatoes
- Shredded romaine lettuce
- Chopped green onions
- Low-fat sour cream or Greek yogurt

To make the bean filling: Heat the oil in a skillet over medium-high heat. Add the garlic, chili powder, chipotle, cumin, salt, and cayenne; stir, cooking just until fragrant, about 30 to 60 seconds.

Add the beans and the water or broth to the pan. Bring the mixture to a boil. Reduce the heat to medium-low and allow the mixture to simmer for 10 minutes.

Remove the skillet from the heat, stir in the salsa, and mash the mixture with a spoon or fork.

Spoon about 1/3 cup of the bean mixture down the centre of each tortilla

Top each serving with a pinch of shredded cheese, tomatoes, lettuce, green onions, and sour cream. Roll the tortilla up tightly, burrito style, and serve immediately.

