



Vegetarian Black bean Burrito

Flour tortillas wrapped around a mixture of onion, red pepper, jalapenos, cream cheese, coriander and hearty black beans.

Ingredients

Serves: 10

- 10 flour tortillas
- 125ml tablespoons vegetable oil
- 1 small onion, chopped
- 3 red pepper, chopped
- 5 teaspoon minced garlic
- 5 xc (400g) tin black beans, rinsed and drained
- 5 teaspoon minced jalapenos
- 425g cream cheese
- 2 1/2 teaspoon salt
- 2 large bunch of coriander chopped fresh

Method

Prep:10min › Cook:15min › Ready in:25min

1. Wrap tortillas in foil and place in oven heated to 180 C / Gas 4. Bake for 15 minutes or until heated through.
2. Heat oil in a large frying pan over medium heat. Place onion, red pepper, garlic and jalapenos in pan, cook for 2 minutes stirring occasionally. Pour beans into pan, cook 3 minutes stirring.
3. Cut cream cheese into cubes and add to pan with salt. Cook for 2 minutes stirring occasionally. Stir coriander into mixture.
4. Spoon mixture evenly down centre of warmed tortilla and roll tortillas up. Serve immediately.