

Black Bean Burrito

You can use this recipe for a simple bean and rice dish or dress it up in a burrito

Equipment:

None required

Ingredients:

- 1 yellow onion (finely chopped)
- 2 tbsp olive oil
- 2 cloves garlic (finely chopped)
- 1 tsp cumin
- 1 cup black turtle beans*
- 1 veggie stock cube

Brown rice
Pinch of salt
Wholegrain wraps

Method:

1. Sauté the onion in olive oil in a pot, for 3 minutes
2. Add garlic and cumin and cook for 2 more minutes
3. Add dry black beans and 1.5 pints of veggie stock
4. Boil for 1 – 1 ½ hours or for 10 minutes in a pressure cooker
5. Drain the excess water from the beans
6. For the rice, add 1 cup of brown rice to a pan and 2 cups of boiling water and a pinch of salt. Cook on a low heat for 35 minutes with lid on until water is absorbed.
7. To create wraps add rice and beans and top it off with avocado, chopped tomatoes, lettuce and drizzle of lime juice
8. Roll up and enjoy!



Serves: 4 -6

Prep time: 5 minutes

Cook time: 60-90 minutes

*Top Tips: *Remember to soak the black beans the night before if using dry beans.*

Top Tip: To save time you can use a tin of black beans and skip steps 3 & 4

Top Tip: You can place the closed wrap in a panini press for a crunchier texture. Vary the wrap with sprouts and other salad ingredients.