

VEGETABLE AND BLACK BEAN BURRITO

The combination of vegetables, herbs, and spices will have you adding this burrito to your favorites list.

Jill Yarbrough, MSU Dining Services Test Kitchen Manager

Featured Food: Black Beans

Yield: Serves 8

Ingredients

1 c. sliced onions	¼ c. chopped fresh cilantro
1 c. matchstick carrots	½ c. tomato salsa
1 c. sliced red peppers	1 - 15 oz. can black beans, drained
8 oz. package mushrooms, sliced	2 c. frozen corn, thawed and drained
1 t. minced garlic	8 each burrito-size whole wheat tortillas
1 T. canola oil	Enchilada sauce or more salsa
½ t. cumin	Shredded cheese - optional (omit for vegan preparation)

Preparation

Prepare fresh vegetables as directed.

Heat oil in pan. Add onions, carrots, red peppers, mushrooms, and garlic. Saute until tender.

Add beans, corn, cumin, cilantro, and salsa. Mix together and cook until heated through.

Place 1/2-2/3 cup of mixture on a tortilla. Roll up to make a burrito.

Serve as is with salsa, or topped with enchilada sauce. Sprinkle with cheese if desired.