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