SHOPPING LIST

Black Bean Burritos

- Olive Oil
- Onion
- Plum Tomato
- Red Bell Pepper
- Garlic Cloves
- Ground Cumin
- Cayenne Pepper
- Black Beans
- Kosher Salt
- Whole Wheat Tortillas
- Brown Rice
- Monterey Jack Cheese
- Avocado
- Fresh Cilantro
- Salsa

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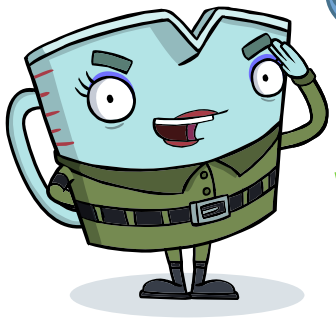
LUNCH

Fizzy's Lunch Lab

Black Bean Burritos



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	4
YES	About 1 hour	Medium	

YOU WILL NEED

For The Beans:

- **2 teaspoons** olive oil
- **1** small onion, chopped
- **1** plum tomato, coarsely chopped
- ½ red bell pepper, diced
- **2** garlic cloves, pressed or finely chopped
- ¼ **teaspoon** ground cumin
- ⅛ **teaspoon** cayenne pepper
- **1 (16 ounce) can** black beans, drained and rinsed
- **1 cup** water
- Kosher salt

For The Burrito:

- **4** whole wheat tortillas
- **1 cup** cooked brown rice
- ½ **cup** shredded Monterey Jack cheese, about 2 ounces
- **1** ripe avocado, thinly sliced
- **2 tablespoons** chopped fresh cilantro
- ½ **cup** salsa

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

STEP 1: To make the beans: Heat a 12-inch nonstick skillet over medium heat; once hot, add the oil. Add the onion, tomato, bell pepper, garlic and cook until the onion is golden, about 10 minutes. Add the cumin and cayenne, and cook 2 minutes. Add the beans and 1 cup water and cook until the beans are very soft, about 30 minutes. (If necessary add more water.) Season with salt to taste.

STEP 2: To assemble the burritos: Microwave the tortillas until soft, about 20 seconds. Transfer to a flat surface and top each tortilla with about 1/4 cup of beans, 1/4 cup of rice, 2 tablespoons cheese, 1/4 of the avocado, and 1 1/2 teaspoons chopped cilantro. Fold the edges of the tortilla over the filling like an envelope, and roll. Garnish with the salsa, and serve.

Nutrition Facts

Serving Size 1 burrito (498g)
Servings Per Container 4

Amount Per Serving	
Calories 480	Calories from Fat 170
	% Daily Value*
Total Fat 18g	28%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 690mg	29%
Total Carbohydrate 62g	21%
Dietary Fiber 13g	52%
Sugars 8g	
Protein 16g	

Vitamin A 15%	• Vitamin C 50%
Calcium 15%	• Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4