

## Bean Burritos

### Vegetables:

- 2 Tbsp oil
- 1/2 onion, chopped
- 1/2 mixed pepper, chopped
- 1/2 zucchini, chopped
- 1 medium carrot, grated

### Seasoning:

- 2-4 tsp chili powder
- 2 tsp garlic powder
- 2 tsp cumin
- 1-2 tsp oregano
- Spice it up (heat) with a few crushed chilies
- \*\*mix in custard bowl\*\*

- 3" – 4" cube cheddar cheese, grated
- One 10" tortilla per student

### Bean Mixture for 4:

- 2/3 cup salsa
- 1 cup plus 1/3 cup refried beans
- \*\*mix in liquid measure\*\*

### Bean Mixture for 5:

- 1 cup salsa
- 1 1/2 cups refried beans
- \*\*mix in liquid measure\*\*

### Preheat oven to 400°F. Grease the bottom of a 9"X13" cake pan with cooking spray.

1. Heat oil in frying pan on medium heat. Add onion and sauté for 2 minutes (use a wooden spoon).
2. Add peppers, zucchini and carrot. Continue to sauté until vegetables are slightly cooked, about 5 minutes.
3. Stir in seasoning blend (garlic powder, chili powder, cumin and oregano) – cook for 1 minute. Remove from heat and place onto cork mat.
4. Combine salsa and refried beans in liquid measure and mix well.
5. Divide bean mixture evenly between tortillas, spread with the back of a spoon – leave 2cm bare around the outside edge. Sprinkle the cooked vegetables over the bean mixture.
6. Slightly tuck under two edges of the tortilla then roll up. Place seam side down on a greased baking pan, sprinkle with cheese.
7. Cover tightly with foil. Bake at 400°F for 20 minutes – remove foil for last 5 minutes.
8. Place on plate and add optional toppings: sour cream, salsa, and/or hot sauce.