

# Spicy Bean Burritos

Makes about 6 servings

## Ingredients

For the bean filling:

2 tsp vegetable oil

2 cloves garlic, crushed

1 tsp. chilli powder

1 tsp minced red chilli

1 tsp. ground cumin

$\frac{1}{4}$  tsp salt

1 chopped red or white onion

$\frac{1}{4}$  tspn cayenne pepper

400g tin chopped tomatoes

400g tin ready cooked mixed beans rinsed and drained

75g long grain rice

For serving at home:

**An oven proof dish is essential!!!!**

6 (9- or 10-inch) flour tortillas, warmed

75g grated cheese



1. First, place your rice in a medium pan and cover with boiling water. Cook for 15 mins until soft. If the water disappears then add a little extra. When cooked drain the remaining water off.
2. To make the bean filling, heat the oil in a pan over medium-high heat. Add the garlic, chili powder, red chili, cumin, salt and cayenne; stir, cooking just until fragrant, 30-60 seconds. Add the beans and the tomatoes to the pan. Bring the mixture to a boil. Reduce the heat to medium-low and allow the mixture to simmer for 10 minutes. Remove the pan from the heat, and mash the mixture with a spoon or fork.
3. Spoon about 2 tbspn of the cooked rice down the center of the tortilla and then Spoon about 2 tbspn of the bean mixture over the top of the rice. Top each serving with a tspn of grated cheese. Roll the tortilla up tightly, burrito style, and lay in the bottom of your oven proof dish. Place the remaining cheese on the top of the tortillas and place in the oven when **you get home** for 20 mins or until warmed through. Serve with extra salad and salsa.