

Black Bean Burritos

Filling:

6 tbsp. olive oil
2 onions, diced
4 cloves garlic, minced
2 tsp. cumin, toasted & ground
1 tsp. cayenne pepper
2 tsp. apple cider vinegar
1 tsp. sea salt
4 cups canned black beans

Fixing's:

6 large flour tortillas
3 tomatoes diced
1 bunch cilantro, chopped
½ cucumber chopped
½ red onion, chopped
3 cups shredded lettuce
1 batch black bean filling
2 avocados, sliced
1-2 cups jack cheese
Salsa!

Instructions:

Make the black bean filling:

Heat the oil over medium heat in a saucepan. Add onions and cook for 5 minutes. Add remaining ingredients, except for the black beans. Simmer for 5 minutes. Drain and rinse the canned black beans. Puree the black beans in a food processor or mash smoothly by hand. Add black beans to mixture, stir and heat through.

Assemble the burrito:

Heat tortillas on a grill or in oven. Spread a layer of black bean filling across the center of the tortilla. Add all or some of the fixing's on top of the filling. Roll the tortilla, tucking in the two ends as you go.

Makes 6 servings
Source: Refresh Cookbook