



Serves 8

Preparation Time: 20 minutes

Cook Time: 35 minutes

INGREDIENTS:

1 medium onion, chopped

1 green or yellow pepper,
stemmed, seeded and chopped

½ -1 jalapeño chile, stemmed,
seeded and finely diced (add
more or less to taste)

2 cloves garlic, minced

4 cups cooked brown rice

1½ cup diced tomatoes (fresh or
canned fire-roasted, liquid
reserved)

1½ cup black beans (or 1
15-ounce can), rinsed well

1 teaspoon ground cumin

1 teaspoon ancho chili powder
(or other pure, mild chili powder)

½ teaspoon chipotle chili powder
(or more, to taste)

½ teaspoon smoked paprika

Salt and freshly ground black
pepper to taste

8 7- to 8-inch whole grain
tortillas

Burritos with Spanish Rice and Black Beans

About once a week, my family eats burritos for dinner. This recipe makes a great burrito filling or side dish and doesn't take much longer than heating up a can of beans. This is a mildly seasoned dish, so you fire and spice lovers will probably want to increase the amounts of jalapeño peppers and chipotle powder.

From *FatFreeVegan.com*.

By Susan Voisin

- 1 Heat a deep, non-stick skillet over medium high heat. Add the onion and cook, stirring, until it begins to brown.
- 2 Add the pepper, jalapeño, and garlic, and cook for another 2 minutes, taking care not to burn the garlic.
- 3 Add the remaining ingredients, stir, and cook, stirring frequently, for about 15 minutes. If it becomes too dry, add a little vegetable broth or reserved tomato juice.
- 4 Check the flavor, and add salt and additional seasonings to taste.
- 5 In a dry nonstick skillet over medium heat, warm tortillas one at a time 40 seconds or until warm and pliable, turning once. Cover with a damp cloth to keep warm.
- 6 Spread about 1 cup of the bean-and-veggie mixture onto each tortilla just below the center. Fold bottom edge of each tortilla over filling. Fold in opposite sides; roll up tortilla. Place burritos, seam sides down, on a platter. Serve warm. If desired, pass hot pepper sauce.