

Bean & Corn Burritos

Ingredients:

Kidney beans, drained & rinsed	1 can (540 ml)
Diced tomatoes, drained	1 can (398ml) *
Chili powder	1 tablespoon
Garlic powder	2 teaspoons
Cumin	1 tablespoon
Corn, whole kernel, drained	1 can (341 ml)
Cheddar cheese, shredded	1 cup
Green onions, chopped (optional)	4
Flour tortillas, whole wheat	10 large



*Or, use 1/2 can of 796 mL diced tomatoes (drained) instead. Freeze the leftover tomatoes in a freezer bag.

Directions:

1. Preheat oven to 400°F.
2. In a large bowl, add beans, drained tomatoes and spices. Mash well using a fork, potato masher or hand mixer.
3. Add corn, cheese and green onions and mix together.
4. Spread about 3 tablespoons filling on each tortilla and roll up.
5. Place rolled tortillas on a baking sheet and bake for 15 minutes.

Makes 10 burritos

Tips:

- Spread the bean mixture on toasted whole wheat bread instead of tortillas.
- Add chopped avocados and green peppers to the burritos.
- Mix in ½ pound (0.25 kg) of cooked ground beef to the filling.
- You can freeze burritos in freezer bag. Reheat on plate in microwave for a quick meal.