

# Hearty Bean & Corn Burritos

## Ingredients:

Kidney beans, drained & rinsed	2 cans (540 mL)
Diced tomatoes, drained	1 can (796 mL)
Chili powder	2 Tablespoons
Garlic powder	2 teaspoons
Cumin	1 Tablespoon
Corn, whole kernel, drained	1 can (341 mL)
Cheddar cheese, shredded	2 cups
Green onions, chopped (optional)	4
Large flour tortillas, whole wheat	1-2 bags (10-20 tortillas)



## 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 (if using) and mix together.
4. Spread about ¼ cup of filling on each tortilla and roll up.
5. Place rolled tortillas on a baking sheet and bake for 15 minutes.

**Makes about 20 burritos.** (If you have only 1 bag of tortillas, use half the filling mixture to make 10 burritos, and freeze the other half for another time.)

### Tips:

- Spread extra bean mixture on toasted whole wheat bread or crackers, or use as a dip
- Add chopped green or red peppers to the burrito filling
- Mix in ½ pound (0.25 kg) of cooked ground meat to the filling
- If you like spicy burritos, add hot sauce to the mixture, or drizzle on top after cooking
- You can freeze burritos in freezer bag. Reheat on plate in microwave for a quick meal

