

GUACAMOLE AND BLACK BEAN BURRITOS

★★★★★ *_5 from 5 reviews*Yield: 2

GUACAMOLE

2 ripe avocados
1/4 cup minced red onion (see note)
1/4 cup minced cilantro
1 clove garlic, minced
1/4 teaspoon salt
1 lime

BURRITO

2 large whole wheat flour tortillas
1/2 cup cooked brown rice
1/2 cup cooked black beans, drained and rinsed if using canned
1/3 cup shredded Cheddar or Monterey jack cheese
1/2 cup shredded lettuce
3 tablespoons minced red onion

To make guacamole, cut avocado in half around the pit and spoon out the avocado into a bowl. Add in the onion, cilantro, garlic, and salt. Cut the lime in half and squeeze 1 to 2 tablespoons of lime juice over the guacamole and stir. Taste and adjust salt and lime juice as needed.

Spread about 1/4 to 1/3 cup guacamole in the center of a tortilla. Layer half the rice, beans, cheese, lettuce, and onions on top of the guacamole. Roll into a burrito (see note) and tuck in the ends.

Heat a grill pan or panini press over low heat and place the burritos seam side down. Place a weight on top and let cook until tortilla is brown and crisp, 3 to 5 minutes on each side. Serve with remaining guacamole or salsa.

Tips & Tricks: I prefer to use red onions in my guacamole as I like the strong flavor of onions. If you're looking for a more subtle onion flavor, try white or sweet onions.

Burritos falling apart? [Get help rolling your burrito!](#)

Stock up: get the pantry ingredients you will need: [brown rice](#), [dry black beans](#) or [canned black beans](#)

Plan ahead: Find this recipe in the [Naturally Ella Real Plans upgrade](#).

Find it online: <https://naturallyella.com/black-bean-and-guac-burrito/>