

Black Bean Burritos



Beans, vegetables, and rice wrapped up in a tortilla. This dish is great eat on-the-go.

Time required: 20 minutes

Ingredients:

- ½ a can of black beans
- 3 tablespoons tomato puree/passata
- ¼ teaspoon of salt
- ¼ cup diced bell pepper
- ¼ teaspoon cumin powder
- ¼ teaspoon garlic powder
- 50g rice
- 2 tortilla wraps
- Fresh coriander
- Jalapenos
- Tomato salsa
- Guacamole

Recipe:

1. Cook the rice as instructed and set aside
2. In a hot pan, pour the oil. Add in the onions and cook until transparent. Then add in the red pepper, tomato puree, cumin powder, salt and garlic powder.
3. After the sauce deepens in colour (around 5 minutes later), add in the black beans. Cook with a lid for 10 minutes.
4. Lay a tortilla wrap on a plate. Spread vegan sour cream on top. Create a bed of 2-3 heaped tablespoons of rice in the middle of the wrap. Then lay 2-3 heaped tablespoons of beans on top of the rice. Top with fresh coriander, jalapenos and tomato salsa.
5. Wrap up the tortilla and grill on high heat to seal the edges. Serve hot with guacamole.

Water Footprint (L)	Land Footprint (m ²)	Carbon Footprint (kg)
223	1.62	0.46

Compared to traditional burrito, this recipe

- Uses 60% less water
- Requires 15% of the land
- Emits 50% fewer greenhouse gasses