



VEGETABLE & BLACK BEAN BURRITO POCKETS WITH MEXICAN RICE

SERVING SIZE: 4 | COOKING TIME: 1 HOUR | CONTAINS MILK, WHEAT

INGREDIENTS.....

Vegetable and Bean Burrito Pockets

1 Tablespoon (Tbsp) olive oil
1 red onion, cut into small pieces
1 red pepper, cut into small pieces
1 green pepper, cut into small pieces
2 cups, cut small, sweet potatoes
1 (15 oz) can black beans
1 teaspoon (tsp) chili powder
½ teaspoon (tsp) ground cumin
1 teaspoon (tsp) salt
freshly ground black pepper
pinch of cayenne pepper (optional)
½ cup water
3 scallions, cut into small pieces
6 (10 inch) multi-grain tortillas
4 cups grated cheddar cheese
sour cream (optional, for serving)

Mexican Rice

1 Tablespoon (Tbsp) olive oil
½ onion, finely diced
1½ cups long grain white rice
1 teaspoon (tsp) chili powder
½ teaspoon (tsp) ground cumin
½ teaspoon (tsp) dried oregano
1 teaspoon (tsp) salt
2 Tablespoons (Tbsp) tomato paste
1 (14 oz) can fire roasted diced tomatoes
3 cups vegetable stock
2 scallions, cut into small pieces

WHAT ELSE YOU'LL NEED

- Cutting board and knife
- Large sauté pan
- Medium saucepan and lid
- Measuring spoons and cups
- Cooking utensils
(spatula, wooden spoon, or similar)

DIRECTIONS.....

Veggie and Bean Filling

1. Pre-heat a large sauté pan over medium heat. Add 1 Tbsp olive oil and onion to pan. Cook onion until soft – about 3 minutes.
2. Add peppers and sweet potatoes to onion. Stir. Cook until they soften – about 4 more minutes.
3. Open can of black beans. Drain liquid. Add black beans, chili powder, cumin, salt, black pepper, cayenne pepper and water to onion mixture. Stir and cook a few minutes to mix flavors.
4. Stir in chopped scallions. Remove pan from heat. Scoop mixture out of pan. Set aside. **Once pan is cool, wipe clean.**

Build the Burrito Pockets

5. Place 6, flat tortillas on a clean surface. Divide cheese and bean mixture into center of 6 tortillas.
6. Fold two sides of tortilla towards the center over mixture. Fold in the top and bottom of tortilla over sides. This will make a square pocket. Repeat for each tortilla. Set tortillas aside, folded side down, to hold burrito pocket closed.

Mexican Rice

7. Pre-heat a medium-size saucepan over medium heat. The pan should have a tight-fitting lid for step 10. Add 1 Tbsp olive oil and the onion to pan. Sauté onion until soft – about 2 minutes.
8. Add rice, chili powder, cumin, oregano and salt to onion. Sauté for 2 minutes to toast rice and spices.
9. Add tomato paste to rice mix. Cook for a minute while stirring.
10. Add diced tomatoes and vegetable stock to rice mix. Bring to a boil then lower heat. Cover with a lid. Simmer (on low heat) for 20-25 minutes until rice has absorbed liquid and is soft.

Fry Tortilla Pockets, Finish Rice

11. Heat a little oil in the large, **clean, dry** sauté pan. Place burrito pockets into pan, folded side down. Fry each side until golden brown, using a spatula to flip. About 2 minutes each side.
12. Fluff cooked rice with a fork. Stir in small-cut scallions.
13. Slice the burrito pockets in half. Add a scoop of rice. Serve with sour cream (optional).

