



JUNIOR LEAGUE OF
HALIFAX
Women building better communities

Lean Bean Burritos

1 tbsp vegetable **oil**
1 **onion** chopped
2 cloves of minced **garlic**
1.5 tsp **chili powder** (optional)
0.5 tsp **cumin**
3 cups **cooked rice** (white or brown)
1 can **black beans** (540 mL/18oz), rinsed
10 oz **frozen corn**
6 flour **tortillas** (room temperature or warm)
Plain yogurt
Grated cheese
Salsa



Heat oil in a large skillet over medium heat. Add onion, garlic, chili powder and cumin. Cook for 3-5 minutes until onion is tender. Add rice, beans and corn to pan. Stir and cook for 2-3 minutes until hot.

Spoon mixture onto half of the warm tortilla and top with cheddar cheese, plain yogurt and salsa. Fold sides of tortilla toward the centre, then roll filled half onto rest of tortilla, making a small package. (Don't worry if the tortilla breaks-- it gets easier every time you practice rolling it.)

Where do I get?

Chili powder is available in the spice section of the supermarket. It's good in all kinds of Mexican-inspired food.