

Bean Burrito

Main Dish

Portion Size: 1 each

Source:

Stephanie Mullin at Brandywine School District

Ingredients	Amounts (60 Burritos)
Olive oil	½ cup
Red onion	8 cups
Red peppers (raw)	8 cups
Garlic, chopped	15 teaspoons
Black beans	2 - #10 cans
Garbanzo beans	1 - #10 can
Corn	9 cups
Kale, raw	9 cups
Water	1 gallon
Ground cumin	2 Tablespoons
Chili powder	4 Tablespoons
Paprika	2 Tablespoons
Tortilla wrap, herb garlic	60 each
Brown rice	4 ½ cups
Salsa	120 oz



Directions:

1. Remove stems from kale and finely chop.
2. Dice onion and peppers (medium dice).
3. Drain and rinse black and garbanzo beans.
4. Add oil, garlic, peppers, and onions to a stock pot over medium heat. Sauté until soft (approx. 5 minutes).
5. Add spices and stir to combine.
6. Add kale, corn, rice, and water. Stir to combine. Raise heat and bring to a boil.
7. Reduce heat, and simmer for 20-25 minutes.
8. For service, portion 6 oz in center of garlic herb tortilla. Fold over one end, fold in sides, and wrap tightly. Place burrito in a 375-degree F oven to lightly brown the top.
9. Serve with 2 oz of salsa.

Nutrition Information	
Calories	530
Total fat	12.21
Saturated fat	2.7
Cholesterol	0
Total Carbohydrates	91
Fiber	12.68
Sugar	7.03
Protein	16.5
Sodium	1161.4

Components	Allergens
2 Meat/Meat Alternate	Wheat
3.5 Grains	

