

# BEAN BURRITOS



1/4 of this recipe contains

Energy 1839kj 437kcal	Fat 9.5g	Saturates 3.7g	Sugars 11g	Salt 1.5g
22%	14%	18%	12%	25%

2.5 of your 5 a day

**Prep Time: 10 mins**

**Cooking Time: 40 mins**

**Serves: 4 Adults**

## Ingredients

- 1 medium onion
- 1 medium red pepper
- 60g of reduced fat cheddar cheese
- 1 tablespoon of olive oil
- 1 clove of garlic
- 1 teaspoon of chilli powder
- 1 teaspoon of tomato puree
- 400g of tinned tomatoes
- 400g of kidney beans
- 4 large tortillas
- 2 handfuls of salad leaves



## What you will need

- Baking tray
- Can opener
- Cheese grater
- Chopping board
- Chopping knife
- Hand blender
- Potatoe masher



## Method

1. Preheat oven to 180°C/350°F/ gas 4.
2. Peel and finely slice the onion, then de-seed and slice up the pepper. Coarsely grate the cheese.
3. Heat half the oil in a frying pan over a medium-low heat and gently fry the onion for 10 minutes, or until softened.
4. Peel and crush the garlic, then add it to the pan along with the chilli powder.
5. Add the tomato purée and tomatoes, breaking them up with a spoon as you go. Drain and add the kidney beans.
6. Cook for 10 mins, or until slightly reduced, then season with sea salt and black pepper.
7. In a separate pan, fry the pepper in the rest of the oil until it starts to soften, then set it aside.
8. Divide the filling mixture in half, then blitz one half with a stick blender to form a bean paste – if you don't have a blender, mash with a potato masher.
9. Spread the tortillas with the warm bean paste. Add a serving spoon of the filling and a spoonful of red pepper.
10. Sprinkle with cheese and some salad leaves.
11. Roll up the tortillas and place on greased baking tins.
12. Bake for 5 to 10 minutes, or until golden and warmed through.



Source: [www.safefood.net/recipes/mexican-bean-burrito](http://www.safefood.net/recipes/mexican-bean-burrito)

