

Chipotle Bean Burritos

Adapted from MyRecipes.com
Makes 6 servings.

INGREDIENTS

- 1 tablespoon canola oil
- 1 garlic clove, minced
- 1 chipotle chile (canned)
- ¼ teaspoon salt
- 1/3 cup water
- 1 – 15 oz. can black beans, drained
- 1 – 15 oz. can kidney beans, drained
- 3 tablespoons prepared salsa
- 6 (10-inch) wheat tortillas
- 1 cup reduced fat 4-cheese blend
- 1 ½ cups chopped tomato
- 1 ½ cups shredded romaine lettuce
- 6 tablespoons thinly sliced green onion
- 6 tablespoons light sour cream

MATERIALS NEEDED

- Cutting board
- Knife
- Can opener
- Fork
- 1 pan
- Plate for warming tortillas
- Cooking spoon
- Measuring spoons
- Measuring cups

COOKING INSTRUCTIONS

- Heat oil in large pan over medium heat.
- Add garlic to pan and cook for 1 minute, stirring frequently.
- Stir in chipotle and salt and cook for 30 seconds, stirring frequently.
- Stir in water and beans. Bring to a boil.
- Reduce heat to medium-low and simmer for 10 minutes.
- Remove from heat and stir in salsa.
- Partially mash bean mixture with a fork.
- Warm tortillas (microwave for 15 seconds).
- Spoon about 1/3 cup bean mixture into the center of each tortilla.
- Top with cheese, tomato, lettuce, green onion, and sour cream.
- Roll up and serve.

Nutrition Facts

Serving Size (356g)		Servings Per Container	
Amount Per Serving			
Calories 420	Calories from Fat 100		
		% Daily Value*	
Total Fat 11g			17%
Saturated Fat 3.5g			18%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 1300mg			54%
Total Carbohydrate 57g			19%
Dietary Fiber 28g			112%
Sugars 2g			
Protein 22g			
Vitamin A 30%		Vitamin C 35%	
Calcium 25%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4