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
- ⅓ 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 ⅓ cup bean mixture into the center of each tortilla.
- Top with cheese, tomato, lettuce, green onion, and sour cream.
- Roll up and serve.