

# BLACK BEAN BURRITOS

(FROM SLICE COOKBOOK) -FILLING IS GREAT ON A SALAD AS TACO SALAD

Prep time 15 minutes cook time 15 minutes serves 4-6

2 Tbsp extra virgin olive oil

1/2 of an onion, zucchini, red pepper & yam, diced finely

2 crushed garlic cloves

2 cups cooked black beans (19oz can)

½ cup corn, fresh or frozen

14 oz can diced tomatoes (Eden organics is BPA free)

1 tsp each of chili powder, cumin & coriander

4-6 Sprouted grain tortillas

(dehydrated grated carrot wraps or a crunchy romaine lettuce leaf FOR 40 DAY CHALLENGE)

fresh cilantro

aged raw milk cheddar, grated (optional)

fresh salsa & guacamole & hot sauce if desired

Heat oil on medium. Add onion, zucchini, pepper and yam and garlic and sauté for 8-10 min until tender. Add beans, corn, tomatoes, chili powder, cumin and coriander. Reduce heat to medium low and simmer covered for 7-10 minutes until yams are soft. Don't overfill the tortilla with the mixture, add cilantro, cheese and fold in both ends and roll. Serve immediately, with a dollop of fresh salsa, yogurt or guacamole if desired.