

Vegetable & Bean Burrito

Serves 5

INGREDIENTS

5ml oil
50g onion
100g peppers, diced
1/2 garlic clove, finely chopped
2g paprika
60g homemade tomato sauce
100g five bean salad
75g rice
8g stock
125ml water
5 tortilla wraps



You can find our HC3S Tomato Sauce recipe under Rescue Recipes.

METHOD

1. Fry onions and peppers until soft and then add the garlic and paprika.
2. Stir in the five-bean salad, homemade tomato sauce, rice and stock.
3. Place in a large baking tin and cover with foil. Cook for approximately 45 minutes until the rice has absorbed all the liquid.
4. Lay out the tortilla wraps and divide the mixture evenly.
5. Fold each wrap in a burrito and serve!

Serving Suggestion - serve with a fresh lettuce, cucumber and tomato salad.

Tilda