

## Souper Season of Comfort, Winter 2001

### Main Courses

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#### Vegetable Burritos

*Hello. Here's more fruit and vegetable news you can really enjoy. Burritos, those wonderful Mexican treats, can be a real nutrition treasure. They usually have beans, which count as a low-fat, high protein, high fiber vegetable. My burritos also have lots of additional vegetables for texture and flavor. First, I sauté an onion in olive oil until soft. Add chopped garlic, 1 chopped red bell pepper, and 2 cups of sliced mushrooms. Cook until tender. Add cumin, chili powder, a dash of salt, and a can of reduced sodium black beans. Stir and heat through. Warm the tortillas, add the filling, some cilantro, and roll it up, turning the sides in to make a neat package. Heat again to seal the burrito. Just one can offers 2 vegetable servings per person. So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.*

#### Vegetable Burritos

Serves 6

Provides 2 vegetable servings per person

- 1 teaspoon olive oil
- 1 sweet onion (2 cups)
- 3 cloves garlic
- 1 red bell pepper (1 cup)
- 2 cups sliced mushrooms
- ½ teaspoon cumin
- 1 teaspoon chili powder
- dash of salt
- 1 15-ounce can reduced sodium black beans (1½ cups)
- 4 flour tortillas
- ½ cup chopped cilantro

1. Preheat the oven to 350°F. Heat the oil in a high-sided skillet. Sauté the onions until soft and just slightly golden, 5 minutes. Add the garlic, bell pepper, and mushrooms, and cook until the vegetables are tender, about 5 minutes. Stir in the black beans with a little of their liquid and heat through.

2. Heat the tortillas in a paper bag in the microwave about 1 minute. Lay

the warm tortillas on the counter and divide the filling among them and scatter cilantro on top. Roll, turning in the sides, into a neat package. Lay in a baking dish covered lightly with aluminum foil and warm through in the oven, 10 minutes (20 to 30 minutes if they have been made earlier and chilled).

#### Nutritional Analysis

231 calories  
5 g fat  
18% calories from fat  
1 g saturated fat  
4% calories from saturated fat  
44 g carbohydrates  
362 mg sodium  
9 g dietary fiber