



ORGANIC KITCHEN

Black Bean Burritos

Total Time: 1 hour

INGREDIENTS:

- ½ Quart Plain Organic Mediterranean Style or Greek Yogurt
- Fresh Cilantro
- 1 Lime
- 4 Organic Vine-ripened Tomatoes
- 2 Bell Peppers
- ¼ Spanish Onion
- 2 Cloves fresh Garlic
- 8 Large Tortillas
- 2 Cans Organic Black Beans
- Cumin, Chilies, Chili Powder, coriander, Organic Sea Salt or Himalayan
- Cheese (Monterey Jack or old white cheddar)
- Fresh Corn Seasonally or Canned Baby Corn
- Butter

from the kitchens of **PUREGREENMAGAZINE**



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DIRECTIONS:

Tomatoes: Trim the stem off the top of the tomatoes, set cut-side-up in a roasting pan, sprinkle with dried oregano, spritz with olive oil and sprinkle with coarse mineral salt. Bake @ 350F for 45min or until skin splits. Let stand 15 minutes.

Peppers: Coarsely dice or julienne and roast using the same process as the tomatoes.

Yogurt: To yogurt add ½ Tsp. cumin, minimum 2 Tbsp. chopped Cilantro, juice from 1 lime and organic sea salt to taste (expect ½ tsp.). Mix thoroughly and let stand.

Corn: drain 2 cans of baby corn. Heat a little organic grapeseed/canola/sunflower oil in your skillet (gotta love cast iron for this) add a Tbsp. of butter, toss in corn and sprinkle with chili powder, shake around to coat evenly and fry until brown. Alternatively, roast fresh corn and serve with a chili powder infused butter.

Refried Beans: Drain and rinse beans, and add together with ¾ can of water in a food processor. Liquify. In a large skillet heat a small amount of organic (I like grapeseed but canola, sunflower also work) and brown ¼ Spanish onion diced, 2 large cloves of garlic diced and 1/2 Tsp. of crushed chilies, or 1 small fresh chili. Add bean mix, 1 Tsp. Cumin and 1 Tsp. Chili Powder. Stir constantly over medium heat. Once mixture begins to thicken add ½ tsp sea salt (or Himalayan salt), 1-2 Tbsp. Chopped Cilantro. Continue stirring until mix thickens to paste.

Burritos: Spread bean mix liberally over tortillas leaving ½ inch from the edges. Sprinkle on some roasted peppers. Roll like a carpet. Lay burritos on a cookie sheet with the seam down and put a couple slabs of cheese on top. Bake until cheese melts and starts to brown.

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